

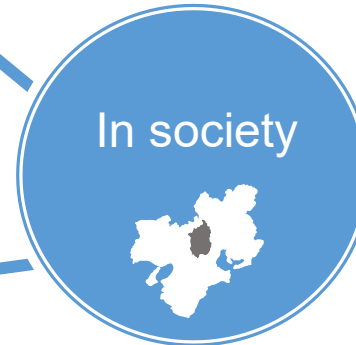
3 Shiga's COVID-19 Prevention Plan

An appeal to residents: Shiga-style 3-way benefit lifestyle

- ✓ Check your temperature and health each morning
- ✓ Stay home if you have a fever
- ✓ Wash your hands when you get home
- ✓ Air out rooms frequently
- ✓ Lead a healthy lifestyle to keep your immunity high



- ✓ Avoid visiting areas with widespread infection
- ✓ Avoid unnecessary travel
- ✓ Know where you've been in case you become sick
- ✓ Work from home or on rotation
- ✓ Share Shiga-specific information on the infection everyday
- ✓ Leave no one behind, starting today



**Protect yourself
and your loved ones!**



- ✓ Wear a mask and practice thorough coughing etiquette even if you don't show symptoms
- ✓ If you want to go out to have fun, stay outdoors
- ✓ Stay at least 2 m (min. 1 m) away from others
- ✓ Limit contact with others, for example by avoiding peak times
- ✓ Walk or bike to get around

