

Words of the Month

Don't Forget the Beginner's Humility

Management Dept.

Stop Road Traffic Accidents

At this time of spring, road traffic accidents increase among 1st graders of kindergarten and elementary school. The statistics show the most accidents occurred between 4PM – 6PM, and the major cause was rushing-out by children. When driving, pay attention to the side roads as well. In addition, you may drive on the highway during the Golden Week. If you have any car troubles on the highway, follow as below.

- Turn on hazard lights and pull over, or drive to the widest space as possible (especially in tunnel or on bridge)
- Have passengers evacuate from your car and stay behind the guardrail barrier, and place emergency stop display 50m behind of your car.
- Ask for help from your cell phone or emergency phone installed at every 1km.
-



When you stop your car on the highway, it's required to place emergency stop display or smoke candle. Make sure if you have one.

Pollen Allergy

Your immune system controls how your body defends itself. Pollen allergy occurs because your immune system identifies pollen as an invader and overreacts to get rid of it. Typical symptoms include running nose, sneeze, watery eyes and sore throat.

Measures:

● Strengthen immune system

Lower immune function causes stronger allergy reaction. Keep immune function activate with adequate sleep and good nutrition.

● Keep pollen out

Wear glasses or a mask to protect your eyes and nose.

Shake off pollen from your clothing at the entrance when coming in home.

Also, don't hang and dry your laundry outside and use a dryer or hand them inside.

Open windows for fresh air at early morning or night when pollen counts are low.



Those with pollen allergies may feel out of it and become irritated. Take early measures and get over this tough pollen season.

Golden Week Holiday

We will be closed from April 28th to May 6th. During the period, many of our customers will be closed as well. It is easy to get out of the daily routines over the long holiday. Enjoy but look after yourself to get back to the regular routine easily.

