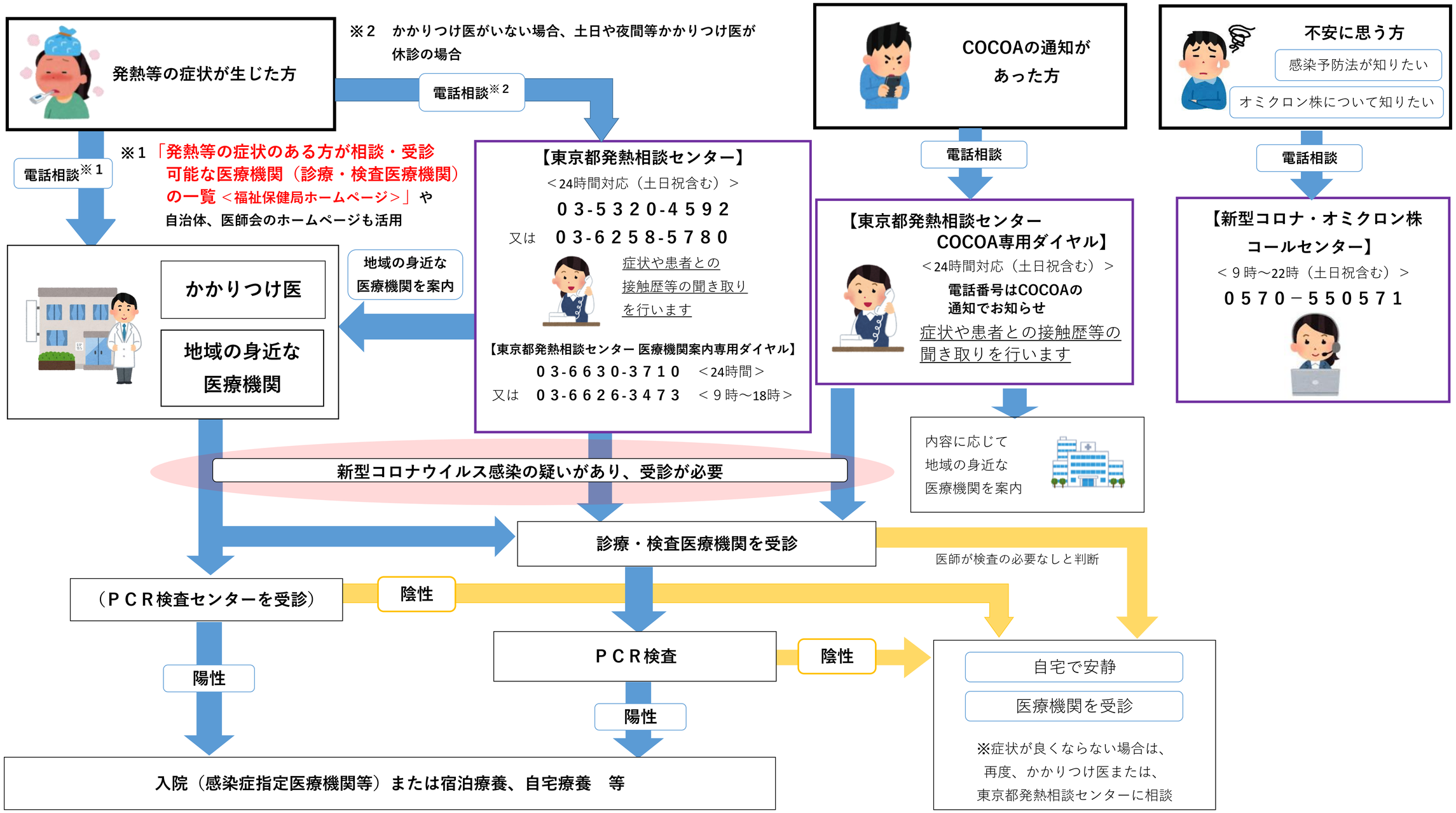都民の皆さまへ　～新型コロナウイルス感染症が心配なとき～