

# This Golden Week, let's stay home!



The holiday season is usually a time to travel and get together with family and friends. But while the spring weather is tempting, the on-going COVID-19 pandemic makes this a dangerous time to be out and about. Tohoku University is asking all students, faculty and staff to stay home this Golden Week and refrain from doing anything that might inadvertently spread the coronavirus.

## If you're thinking of travelling or returning to your hometown:



- Please reconsider. It is safer to spend time with your family and friends online instead.
- Recreational travel should be avoided entirely. Several prefectures – including Tokyo and Osaka – are in heightened states of emergency. Japan's borders are also mostly closed, so if you leave, you might have trouble coming back.
- If you must travel for an emergency, take extra precautions and make sure your department or supervisor is informed.

## If you're meeting up with family and friends:

- Please avoid large social gatherings, especially where there's eating, drinking or singing involved. Keep groups to a maximum of four people.
- Parties associated with student clubs and circles are strictly prohibited.
- Take special care when meeting vulnerable people such as the elderly or those with underlying health conditions.
- Make a note of where you go and who you meet in case contact tracing is necessary.



## Shopping, hiking and other holiday activities



- Avoid popular times and places that attract large crowds.
- Wear a mask even when doing outdoor activities
- Consider shopping online or having meals delivered.

**In all situations, please wear a mask, wash your hands frequently and thoroughly, keep physical distance from other people and avoid the 3Cs (closed spaces, crowded environments and close-contact settings.)**

The new variant strains of the coronavirus are extremely contagious and are known to affect all age groups. So please be extra vigilant. Let's all have a safe and restful Golden Week.