

ATTN: All Students

## Novel Coronavirus (COVID-19) Prevention Measures

March 2, 2020

The COVID-19 virus is invisible. Young people in particular display no symptoms even if infected. They could unwittingly transmit it to others, leading to it spreading to their families and the community in general. If this happens, the number of patients could abruptly increase, elderly patients could die, and Japan's medical institutions could become overwhelmed.

The data we have so far for Japan suggests that about 20% of those infected will transmit the virus to others. It has been determined that the most dangerous actions in terms of infection are staying in enclosed, crowded, poorly ventilated spaces, or speaking to others at arm's length distance or closer.

We ask that you carefully read the following and take measures to prevent the spread of COVID-19.

- Examples of places where the risk of infection is high are social gatherings, dinner parties, retreats etc. Therefore, we ask that extracurricular clubs and circles please cancel or delay tournaments, competitions, and retreats.
- For the time being, it is advisable to avoid traveling overseas or visiting your hometown. Please avoid any activities that could lead to spreading the disease overseas or in Japan.
- If you must hold activities indoors, limit the number of people, ensure there is ample space, and curtail the time of the activity as much as possible. However, such limitations do not apply if activities are being held outside, or indoors with sufficient ventilation, and the participants are not crowded together, or if the activities are performed alone.
- In addition to observing infection prevention measures (thorough hand-washing, using hand sanitizer, covering your mouth when coughing, keeping rooms ventilated etc.) please monitor your health. If you have cold symptoms or a fever (37.5°C or above), please stay home.
- The Japanese government recommends that if you have cold symptoms or a fever of 37.5°C or above for 4 or more days in a row, you should undergo a consultation by phone. Please phone the call center (022-211-3883), follow their instructions, and then report your situation to the Student Health Care Center. When arranging a consultation at a medical facility, phone them first. Wear a mask and avoid public transportation when going to the consultation.

The above is in effect until late March, but this may be extended depending on the situation.

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The novel coronavirus (COVID-19) causes no symptoms in many people, and can be unwittingly transmitted to others. This could lead to it spreading to infected people's families and communities, the number of patients abruptly increasing, the deaths of elderly patients, and Japan's medical institutions becoming overwhelmed.

Being in enclosed, crowded, poorly ventilated spaces and speaking to others at arm's length distance or closer, are particularly risky in terms of infection. Some specific examples are social gatherings, dinner parties, retreats etc. Please avoid such situations until the end of March.

Things you can do to prevent the spread of COVID-19:

- Avoid situations where you are in enclosed, crowded, poorly ventilated spaces. Do not speak to others at arm's length distance or closer.
- Voluntarily cancel extracurricular tournaments, competitions, etc.
- Refrain from returning home/traveling to places overseas where COVID-19 is prevalent, or places in Japan, such as Hokkaido, for which travel advisories have been issued.
- If you develop cold symptoms or a fever (37.5°C or above), please stay home.

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