

Title : A Notice about Measures to Help Prevent the Spread of COVID-19

To Dear all Faculty member,

The number of people infected by COVID-19 is increasing nationwide. If infections continue to spread, the burden on the healthcare system will increase, and there will be a detrimental impact on socioeconomic activities. During the New Year holiday period, people are expected to come into contact with a great number of other individuals. Miyagi Prefecture has therefore issued a 'Miyagi Medical Emergency Declaration' (to last from November 30 to January 16, 2023), in which the prefecture has asked its residents to take certain actions to help both reduce the spread of infection and reduce the burden on the healthcare system.

At Tohoku University, we will continue to take measures to help prevent the spread of infection in order to protect everyone's health and safety and to allow for education and research activities to continue. Each individual must understand the situations in which there is an elevated risk of infection, and must take action to both prevent themselves from becoming infected and to not infect others.

Please take note of the following points to continue to do their best to prevent the spread of infections.

Tohoku University's Business Continuity Plan (BCP) remains at the same level as before.

1. Actions to be followed

- Be sure to thoroughly implement basic measures to control the spread of infection (especially when returning to your family home/traveling, and when partaking in seasonal events including dining with others)
- Prepare over-the-counter medicines, antigen qualitative test kits, food, daily necessities, and so on, in advance in case you become infected.
- Do your best to maintain your general health, and if you are not feeling well, refrain from going out or coming to the university, etc.
- Pay special attention to the increased possibility of becoming infected during extracurricular activities and gatherings with friends.
- If you wish to be vaccinated, please receive the vaccine for the Omicron strain as soon as possible (the choice to be vaccinated is up to each individual).
- If you have been in contact with someone who is infected, you should get yourself tested as soon as possible, and if you expect that you will come into contact with elderly people or with

anyone with an underlying illness, for instance while you are back in your hometown, you should get yourself tested in advance.

- In order to reduce the excessive burden on medical institutions, anyone who is not at high risk of becoming seriously ill (those who are considered ‘eligible for notification’*) should use self-examination test kits to keep an eye on their health.

2. For your reference

Miyagi Prefecture Coronavirus Countermeasures Website:

<https://www.pref.miyagi.jp/site/covid-19/index.html>

On this site is a flow chart which shows how you should respond if you are suffering from symptoms such as a fever. You can also find a range of useful information on this site, such as the details of the emergency declaration, the full name of which is: ‘Regarding Countermeasures for the 8th Wave of COVID-19 “Miyagi Medical Emergency Declaration” 11/3/2022 ~ 1/16/2023’.

Miyagi Prefecture Support Center for Infected Individuals:

<https://www.pref.miyagi.jp/site/covid-19/haiso-touroku-center.html>

On this site you can find information about recuperating in hotels, resources to help you in your daily life, and you can register that you have become infected, etc.

Tohoku University TUBCP website:

<https://www.bureau.tohoku.ac.jp/covid19BCP/index.html>

Tohoku University’s TUBCP website includes information on how you should respond to becoming ill, guidance for students and employees who fall ill, counseling services, and vaccinations.

* Those who are considered 'eligible for notification':

From 26 September 2022, those who are examined at a health care facility and are diagnosed with COVID-19 will be identified either as 'eligible for notification' or 'ineligible for notification'.

Individuals eligible for notification include:

1. Those aged 65 and over
2. Those who require hospitalization
3. Those who are at risk of developing severe symptoms and who must either be given COVID-19 medication or be administered oxygen
4. Pregnant women

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Contact details for the above matters

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