

Please continue to take precautions to help prevent the spread of infectious diseases

A notification for all students and employees

September 27, 2023

The number of people infected with COVID-19 within Miyagi Prefecture is currently decreasing following a rapid increase, but the number nonetheless remains high. An advisory regarding influenza was also issued for the prefecture on September 14.

Ventilation, wearing masks when appropriate, and washing one's hands can be effective in preventing the spread of infectious diseases. In order to both prevent yourself from getting infected and to protect those around you, we ask that everyone continue to take basic measures to help prevent the spread of infection. Please refer to the details below.

Points to note regarding helping to prevent the spread of infection

- In order to prevent those who are at low risk of becoming seriously ill from infecting those who are at a high risk of becoming infected, we recommended that people wear masks when using public transport or visiting medical institutions, facilities for the elderly, etc.
- When among crowds, wearing a mask is an effective way to protect yourself from infection.

* Each individual's decision about wearing masks should be respected; no one should be either forced to wear a mask or to take one off.

Basic measures you can take to help prevent the spread of infection

- (1) If you are feeling unwell or are displaying symptoms of being unwell, please recuperate at home or seek treatment at a medical institution.
- (2) Wear a mask when appropriate and cover your mouth when coughing.
Carry a mask with you and be ready to put it on at any time.
- (3) Ventilate the room you are in, avoid the 3 Cs, and wash your hands frequently.

The reference material used was this PDF published by the Ministry of Health, Labour and Welfare (in Japanese only):

<https://www.mhlw.go.jp/content/10900000/001069238.pdf>

The MHLW has published details in English on this website:

https://www.mhlw.go.jp/stf/covid-19/kenkou-iryousoudan_00006.html

Further Reference Material

- COVID-19 Infection Control Measures (from the MHLW):
<https://www.mhlw.go.jp/content/001097926.pdf>
- Basic COVID-19 Infection Control Measures (from Miyagi Prefecture, in Japanese):
https://www.pref.miyagi.jp/site/covid-19/5rui_iko.html
- Basic COVID-19 Infection Control Measures (from Sendai City, in Japanese):
<https://www.city.sendai.jp/kenkoanzen-kansen/kurashi/kenkotofukushi/kenkoiryo/kansensho/natsu.html>