

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
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Student Support Newsletter

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The COVID-19 Pandemic: Review of Infection Prevention Measures

To prevent infection through droplets or contact, always keep the following two goals in mind:

- ① Avoid becoming infected. ② Avoid infecting others.

The New Normal: The 3 Pillars of Infection Prevention

●Social Distancing

- If possible, keep a distance of 2 meters (at minimum, 1 meter) from others.
- When engaging in recreational activities, outdoors is better than indoors.
- Avoid directly facing others when speaking with them.

●Face Masks

- Even if you have no symptoms, wear a mask while out in public, inside with others, or speaking with others.

●Handwashing

- Wash your hands and face when returning home. Change your clothes too, if possible. Take a shower.
- Wash your hands thoroughly for about 30 seconds with soap and water (or use hand sanitizer).

Infection Prevention in Student Life

●Coming to Campus

- Take your temperature every morning and assess your own physical condition. If you feel unwell, do not come to campus.
- Wear a mask. Avoid touching other people, or objects that many people may have touched.
- If using public transportation, refrain from chatting with others, and try to avoid the rush-hour.

●Classes

- Speaking with others in close proximity in enclosed spaces, such as classrooms, may spread infection under certain conditions, even if nobody has symptoms such as coughing or sneezing. Avoid the "3 Cs" (closed spaces, crowds, close contact), wear a mask, wash hands, cover your mouth when coughing, ventilate rooms frequently, and disinfect surfaces often.

●Meals

- Avoid eating in crowded places.
- Socially distance as much as possible when eating. Do not sit facing others. Sit side-by-side.
- Do not leave cups/dishes, opened drinks, or leftovers lying around as they could be infectious.

●Part-time Work

- Please follow the university guidelines on part-time work.

Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **"coughing manners" including wearing a mask.**

1. Washing hands

Correct way to wash hands.

After thoroughly wetting your hands with running water, apply soap and rub the palms well.

Rub the back of your hands up and down.

Thoroughly rub the fingertips and nails.

Wash between your fingers.

Twist and wash your thumbs with the palms of your hands.

Don't forget to clean your wrists.

Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

2. "Coughing manners"

Three "coughing manners"

Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.

Wear a mask, (covering mouth and nose).

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

- Observe the manners on a train, at work, school or wherever people gather.

Correct way to wear a mask.

Ensure both your nose and mouth are covered.

Place the rubber string over your ears.

Cover up to your nose so there are no gaps.

首相官邸
Prime Minister's Office of Japan

厚生労働省
Ministry of Health, Labour and Welfare

(Image source: Cabinet Public Relations Office website)

Coping with Stress Related to COVID-19

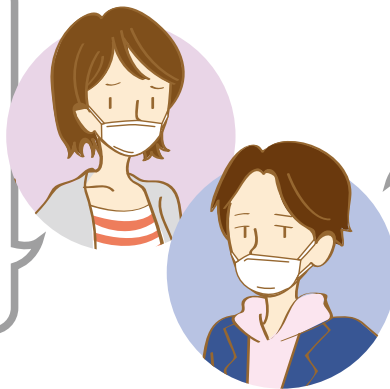
In June, the state of emergency, which had been put in place to slow the spread of COVID-19, was lifted, along with the advisory against travel across prefectural borders. However, this does not mean that life has returned to normal. Many of you may be concerned that the number of infections will begin to increase again, leading to another round of restrictions on your daily lives. You may be wondering how to comply with the "new normal" that is being demanded of everyone.

As the current situation is very stressful, we would like to give you some advice on coping with stress.

●What kind of stress is the COVID-19 pandemic causing?

The Counseling Office has received comments similar to the following.

I feel unable to enjoy my student life fully due to the COVID-19 pandemic countermeasures. All the classes are online. I cannot meet my friends or participate in circles/clubs. I am stuck at home with nothing to do.

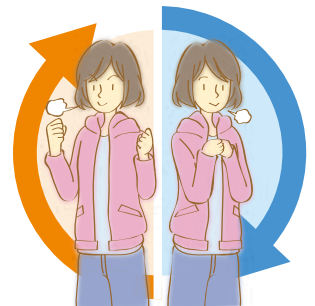


I often end up teleconferencing with my friends or playing online games until late at night, so I tend to wake up too late for classes or procrastinate on assignments. I feel that my motivation is decreasing.

●What should I do?

1 Maintain a Daily Routine

Due to the COVID-19 pandemic, many people find their days no longer have structure. It is important to reestablish a daily routine. Give structure to your day by waking up at a consistent time and planning a set routine of things to do during the morning, tasks requiring concentration, and rest (self-care).



2 Consider New Possibilities (Change your Thinking/Perspective)

Instead of focusing on the things you cannot do (in-person classes, circle/club activities, concerts, travel, etc.), find things you can enjoy even under the current conditions. For example, reading books you've always wanted to read, picking up new skills through online learning, etc.

3 Use your Social Support Network

The need to avoid other people for long periods of time during the COVID-19 pandemic may lead to you feeling isolated or depressed. Even if you cannot meet in person, you can stay in touch with friends and family by phone or video conferencing.

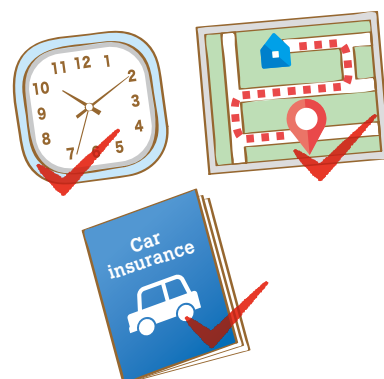


We hope that the above advice will be useful as you prepare for the coming semester.

Road Safety Awareness

Every year, Tohoku University students are involved in traffic accidents. In addition to following all traffic laws, please be careful of the following.

- 1 Always give yourself plenty of time when traveling/commuting. (When traveling long distances, prepare and plan carefully.)
- 2 Only drive when you are well-rested. Do not drive long distances without taking breaks. Never drive when you are sleep-deprived.
- 3 Make sure you are enrolled in vehicle/motorcycle insurance that will cover you in the event of an accident. Familiarize yourself with the terms of the insurance policy before enrolling. It is mandatory for anyone riding bicycles within the Sendai city limits to enroll in cyclist liability insurance that will cover them in the event they are involved in a traffic accident and must pay damages.
- 4 If you are involved in an accident, call 110 (police). If anyone was injured in the accident, call 119 (emergency services). Afterwards, contact your insurance provider. Trying to work things out with the other driver without calling the police is inadvisable and often leads to problems later on. Always call the police. Call the police yourself if the other driver is unwilling to do so.
- 5 If you are involved in an accident, report it to the university (your faculty or graduate school) afterwards.



Drinking Responsibly

Please keep the following in mind when drinking or participating in parties.

- ! The university's Emergency Action Plan was decreased to "Level 1" on June 19, but the university advises students to continue to avoid any events that might expose them to the "3 Cs," such as shared meals and parties. See the university website for information on the Emergency Action Plan.
- ! Drinking by persons under the age of 20 is forbidden by law in Japan. This law applies to everyone living in Japan, regardless of their nationality.
- ! Alcohol does not provide sufficient hydration. It is easy to become dehydrated while drinking, particularly during the (hot and humid) summer months.
- ! When drinking, know your limits, and moderate the pace and amount of your drinking. People's tolerance for alcohol varies depending on their day-to-day physical condition. If drinking online with friends, or alone at home, keep in mind that nobody will be there to notice and take care of you if you suddenly sicken from alcohol poisoning.
- ! Never pressure others to drink (this is alcohol-related harassment). Do not participate in or encourage competitive drinking (chugging, or "ikki nomi" in Japanese).
- ! Do not engage in disruptive behavior. The university has received complaints of students engaging in disruptive behavior while drunk, such as making excessive noise, unwanted physical contact, etc.



Use Caution When Using the Internet (Including SNS)

The ability to take first semester classes online during the pandemic has demonstrated the convenience of the Internet, but there are dangers as well.



Not all information on the Internet is trustworthy. Do not believe or pass on information from the Internet without verifying it.

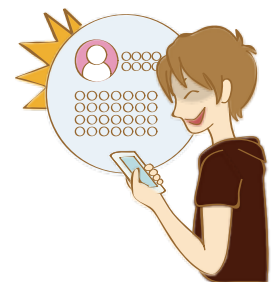
Here are some ways you can verify information:

- Compare multiple outlets' reports on the same information.
- Verify the information's source.
- Always use a variety of information sources.



It is almost impossible to completely erase information you put on the Internet (your "digital footprint"). Before posting anything, think carefully. Never post any of the following:

- Content that may be construed as harassment, libel, or a threat
- Content that infringes on the privacy of others
- Content that may be construed as discriminatory against others based on their race, gender, sexual orientation, ideology, faith, etc.



SNS can be a convenient tool, and also a source of trouble!

① Disputes on social networks can disrupt friendships and spread or inflame arguments.

"My words were misinterpreted, and this misinterpretation spread to a large number of people before I realized it. It created a lot of unpleasantness for all involved."



② SNS is often used to commit fraud.

"I was approached over SNS with a 'sure-fire' opportunity, and asked to transfer JPY 100,000 as an investment. I never heard from that person again."



③ Stalking

"I met a person on SNS, and they gave me some advice on a problem I was having. I met them in person to thank them for helping me. After that, they started stalking me."



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