

TO: All Students
TO: All Faculty and Staff

[13th Newsletter] Reminder on Preventive Measures against Infectious Diseases during the New Year Holidays

There has been a noticeable increase in the number of infected people nationwide, and there are concerns that the infection may spread further as the winter season approaches. The Holiday season is a time of many events, but it is also an important time for students to graduate, advance, and obtain qualifications. We would like to ask all students, faculty and staff to take the following measures to prevent infection.

(1) During the New Year Holidays, people tend to move around a lot and become "dense", so please consider altering your travel schedule to avoid crowds. Unless there are unavoidable circumstances, please refrain from going home or traveling during this period. COVID-19 is reported to be infectious even several days before the onset of symptoms. The situation may vary from family to family, such as having elderly people living with you, lack of local health system, or needing to travel a long time to return home, etc. Please make a decision after deliberation. Even if you are going back home, make sure to take precautions against infection while traveling. If you are not feeling well, please refrain from returning home or traveling. If you are not well while returning home or travelling, do not dine out or go out, and consult with the medical institution or public health center near where you are staying to prevent the spread of infection.

(2) Try to avoid the five situations where the risk of infection is high.
Please refrain from participating in events, sports activities, parties, etc. that are crowded with people and involve loud voices, etc. Please avoid social gatherings that involve alcohol consumption, large groups of people, or long periods of time spent on eating or drinking, as these activities pose a high risk of infection. When having a business dinner, please make sure to keep the number of participants small and time short, that you are seated diagonally across from each other, that you wear a mask during conversation, that you choose a restaurant that complies with the guidelines for proper ventilation, and that you do not participate if you are not feeling well.

[Five situations that increase the risk of infection]

- ① Social gatherings that involve drinking.
 - ② Eating and drinking in large groups or for a long periods of time
 - ③ Conversation without a mask
 - ④ Living together in a small space
 - ⑤ Changing places
- "Five situations" that increase the risk of infection and How to enjoy meals while reducing the risk of infection
Cabinet Secretariat <https://corona.go.jp/proposal/>
 - Thorough infection prevention measures for events where the organizer does not exist
Cabinet Secretariat https://corona.go.jp/news/pdf/jimurenaku_20201026.pdf

3) Wearing a mask is strongly recommended to prevent the spread of infection. Recent studies have shown that the effectiveness of masks varies greatly depending on the distance between the person emitting droplets and the person inhaling them, the conditions under which the masks are worn, and the material (performance) of the mask. Please make sure you understand masks correctly and use them appropriately to further prevent infection. If you have a family member who becomes ill, wear masks at home as well.

- Effectiveness of masks
Cabinet Secretariat <https://corona.go.jp/proposal/>