

October 28th, 2020

Dear. International students

To prevent you from getting the new coronavirus infection and
to prevent the spread of the new coronavirus infection

Currently, the number of people infected with the new coronavirus is increasing in Japan, especially among the younger generations like you. Younger generations are often asymptomatic or mildly ill even if infected, so it is possible that you live your daily life without being aware of your own infection. You possibly spread the infection to your family and friends around you, if you do not take any measures to prevent the spread of the infection.

In order to further prevent the spread of infection and achieve a balance between your academic life and extracurricular activities, it is necessary to reaffirm the infection prevention measures in your daily life. We sincerely hope that you lead a healthy and fulfilling student life by taking careful infection prevention actions not only on campus but also off campus. Following are the five basic measures that you should take in your daily life.

1. Avoid the “Three Cs”: “closed spaces”, “crowded places” and , “close contact setting

Avoiding closed spaces with poor ventilation, crowded areas where many people gather, and close-knit situations where you cannot keep a distance from others. These are basis of infection prevention measures that you should take; both on-campus and off-campus.

2. Wear a mask on campus

As a general rule, wear a mask indoors or outdoors when you are on campus regardless of neither you are not eating nor drinking. It is useful in both directions to prevent infection to yourself and to prevent the spread of infection to others. Wearing a mask is important to prevent infection even during breaks between classes.

3. Basic precautions when eating and drinking

When you remove the mask for eating or drinking, refrain from talking or speaking during meals. The risk of droplet infection increases even for a short time. Put on your mask again as soon as you finish your meal.

When you remove a mask, put it in a mask case or wrap it in a tissue and put it in your pocket or bag, or put it on the edge of the table. Avoid social gatherings and banquets that involve drinking alcohol as much as possible and if you have to attend, you need to be careful

not to make a loud voice or face-to-face conversation without wearing a mask. The same is true at home.

4. Thorough disinfection of hands

Basically, you should wash your hands carefully, but be sure to use alcohol installed at the entrances and exits of buildings and rooms. It is useful for preventing contact infections through doorknobs and handles.

5. Check your physical condition every day

If you have symptoms such as fever, cough, malaise, sore throat, or dysgeusia, take careful actions to prevent the spread of the infection, such as being absent from face-to-face classes or refraining from going out. If the problem persists, contact the Public health center.

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