

# Guidelines to Prevent the Spread of COVID-19

(For all UTokyo students, faculty and staff)



## (1) Implementation of basic infection control measures

- **Avoiding the “Three Cs”, “Ensuring distance between people”, “Hand hygiene such as washing hands”, “Ventilation”, etc.**
- **Wearing a mask is based on respecting the subjective choice of individuals and entrusting it to individual judgment. However, please respond appropriately in the following cases.**

\*When the instructor in charge of the class determines that it is necessary to wear masks due to the style or method of the class, or not wearing one when the instructor in charge of the class determines that masks interfere with the operation of the class.

\*The following situations where wearing a mask is effective in the "Review of the concept of wearing a mask" decided by the government on February 10.

- When visiting medical institutions or facilities for the elderly, etc.
- When travelling on crowded trains or buses, such as during rush hours.
- When a person with a high risk of becoming seriously ill goes to a crowded place during a period when infection is spreading, etc.

- **If you feel unwell, please refrain from going to school or work.**



## (2) If you become infected with the coronavirus infection

**Whether or not to refrain from going out is a personal decision. Please refer to the following information.**

- **Period during which it is recommended to refrain from going out**

Since the risk of infecting others is particularly high during the first 5 days after the onset of symptoms, refrain from going out for 5 days, counting the day of onset as day 0. Even if you have no choice but to go out, make sure that you do not have any symptoms and wear a mask. In addition, if symptoms persist on the 5th day, it is recommended that you refrain from going out until about 24 hours have passed from when the symptoms have eased. If the symptoms are severe, consult a doctor.

- **Consideration for those around you**

It is possible for the virus to be discharged until 10 days have passed, so please take care not to spread it to those around you, such as by wearing a non-woven mask and refraining from contact with high-risk people such as the elderly.

If a family member or a person cohabiting becomes infected with the coronavirus, assuming that the date of onset of the coronavirus is day 0, please pay attention to your physical condition especially for 5 days.



\*If a group of students, faculty or staff are affected at the same time and within the same activity unit, which is the conventional guidelines of an outbreak (5 or more affected people in the same activity unit at the same time), and an incident occurs that is considered to have a significant impact on the education, research or administrative activities, please contact the contact point of your department with the number of people, the date, time, place, background, and the contact information of the representative.

## Consultation when feeling unwell

- In addition to the nearest medical institution, consultation is also available at the university health center.

The University of Tokyo Health Service Center (Monday to Friday (excluding public holidays, university events, year-end and New Year holidays) <http://www.hc.u-tokyo.ac.jp/en/>

[Hongo] TEL: 03-5841-2579

[Komaba] (Students) TEL: 03-5454-6180, (Faculty and Staff) TEL: 03-5454-6166

[Kashiwa] TEL: 04-7136-3040



- Information on prefectural consultation desks regarding coronavirus (from the Ministry of Health, Labour and Welfare website)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

- Call center for foreign travelers <https://www.mlit.go.jp/kankochu/content/001327108.pdf>

[24 hours, 365 days] Japan Visitor Hotline TEL: 050-3816-2787