

November 20, 2020

To all students

Trustee for Education/Vice-President, ARIE Tsutomu

Thanks to everyone's cooperation, lectures, etc. are currently being conducted at TUAT in accordance with the Lecture Conducting Methods announced in September.

In order for the lectures and research activities to be conducted safely and continuously from now on as well, I hereby request once more that you take action and raise your awareness on not spreading the infection, such as protecting yourselves from the virus and preventing infection transmission to others, in light of concerns about the nationwide re-spread of COVID-19. Until the end of December for the time being, please continue to comply with the following when carrying out your activities. The activities here refer to lectures, research activities, and approved extra-curricular activities.

- Wear a mask and disinfect your hands/fingers frequently.
- When engaging in activities indoors, ventilate the room sufficiently and do not conduct activities in a closed space.
- Always maintain a social distance and avoid face-to-face conversations, etc.
- Follow the user policies for facilities, etc. set by each Campus.
- When carrying out extra-curricular activities, strictly follow the contents of the “課外活動における都外での活動及び宿泊を伴う合宿等の禁止について” (Prohibition of extra-curricular activities outside Tokyo and training camps, etc. that accompany accommodation) announced on July 15.
- When using sports facilities, follow the Code of Conduct (activity guidelines) set by the University.
- Do not gather in multiple people in a classroom, activity room, etc. of the University, for any other purpose other than the purpose of activities.
- Utilize online tools, etc. to avoid face-to-face activities.
- People who are feeling ill should not participate in activities and do not let people feeling ill participate in activities.
- Avoid eating during activities as much as possible, and maintain a distance if you have to eat during activities.
- Do not gather to eat or drink before or after activities.
- Do not gather to eat or drink with a large number of people.

In addition, it is necessary to fully understand the guidelines provided by the national or local governments and act accordingly.

Please also refer to “‘5 situations’ that increase the risk of infection” and carry your activities appropriately.

Please note that depending on the COVID-19 spread situation, etc. in the future, we may make a new announcement relating to this matter.

Contact information: Student Affairs Section, Educational Affairs Office gaksien1@cc.tuat.ac.jp

"5 situations" that increase the risk of infection

Situation ①

Social gatherings with drinking alcohol

- Drinking alcohol improves mood and at the same time decreases attention. In addition, hearing is dulled and it leads to speaking in a louder voice.
- The risk of infection increases when large numbers of people are in a small space for a long time.
- In addition, sharing glasses and chopsticks increases the risk of infection.



Situation ②

Long feasts in large groups

- Long-term meals, dinner receptions, drinking alcohol at night increase the risk of infection compared to a short meal.
- The risk of infection is increased by eating and drinking in a large group of people, for example, 5 or more people, because in groups you have to talk louder and droplets of saliva spread more often.



Situation ③

Conversation without a mask

- Talking at close range without a mask increases the risk of airborne or micro-droplet infection.
- Cases of infection without masks were observed during gatherings in karaoke machines.
- Please be careful when traveling by car or bus.



Situation ④

Living together in a small limited space

- Living together in a small limited space increases the risk of infection because the enclosed space is shared by several people for a long time.
- There have been reports of suspected infections in common areas such as dormitory bedrooms and bathrooms.



Situation ⑤

Switching locations

- When you move to another location, such as when you take a break in a workplace, the risk of infection may increase due to the feeling of relaxation and changes of the environment.
- Suspicious cases of infection were identified in breaking rooms, smoking areas and changing rooms.



If taken/will be taking a PCR test, specified as a close contact of a COVID-19 case or confirmed with COVID-19

If a TUAT student has taken/will be taking a PCR test due to a suspected infection, has been specified as a close contact of a COVID-19 case, or has been infected with the virus, please contact the following.

【Contact】

TUAT Educational Affairs Office
042-367-5537

※ During non-office hours (on weekends/holidays, on weekdays 17:15 – 8:30 the following day): 090-5773-8562 (for international students)

We will ask:

- Name, student number, contact information
- People (affiliated with TUAT) in contact with during the past 2 weeks
- On-campus buildings used in the past 2 weeks

- If having cold-like symptoms (fever, cough, sore throat, runny nose, etc.), please stay at home and take rest.
- If suspected of COVID-19 as listed below, contact a consultation center in your residential area.

- Experiencing any of the severe symptoms such as difficulty in breathing, strong fatigue, or high fever
- People at higher risk for developing serious complications* while experiencing relatively light cold-like symptoms such as fever or cough, etc.
 - *elderly; people with underlying medical conditions such as diabetes, heart or lung/respiratory tract disease (COPD, etc.); people on dialysis, people on immunosuppressants or anti-cancer agents
- Having relatively light cold-like symptoms such as fever or cough which have continued for 4 days or longer
- Had/have been in close contact with a person confirmed with COVID-19

List of websites of consultation centers for:

- People returning to Japan from overseas
- People who had/have been in close contact with a person confirmed with COVID-19



(Ministry of Health, Labour and Welfare of Japan website)