

Requests to students, faculty members, and employees

To prevent the spread of COVID-19, each and every person's care is critical. It is already recognized by everybody, however, we would like inform you items of particular importance to infection control once again.

Students, faculty members, and employees **should closely adhere to** the following items to "prevent oneself, friends, and colleagues from being infected".

1. If you (feel unwell) have cold symptoms including a fever, do not enter the campus.

If there is even a slight change in your physical condition, stay home and undergo further examination at a medical institution after phone consultation with your "primary care doctor" or the screening and consultation center where you live.

2. Conduct oneself after "COVID-19 Flowchart" and "Handling Guidelines for the Prevention of the Spread of COVID-19"

○ Handling Guidelines for the Prevention of the Spread of COVID-19 (Revised on January 7, 2021; Excerpt)

3 Responsibilities of Students, Faculty Members, and Employees for Infection Prevention

3 - 1 Take the following actions thoroughly with a view to "prevent yourself and others from being infected" for infection prevention.

- Take one's body temperature every day and ensure to keep fit.
- Keep a personal record of the activity log.
- Enforce basic infection countermeasures (washing hands, wearing of a mask, etc.) rigorously.
- Avoid the "Three Cs": closed spaces, crowded places, and close-contact settings.
- Conduct oneself after examples of "New Lifestyle Practices".
- Commit oneself to "well-balanced diet", "moderate exercise", and "enough rest and sleep" to boost the immune system.

3 - 2 A person who falls under the following is to stay at home without going to the university or work and contact the corresponding department, etc. promptly in accordance with the "COVID-19 Flowchart".

- A person who has cold symptoms including fever (feel unwell)
- Identified as a close contact by the public health center
- Housemate will be tested for COVID-19 (PCR test)
- Became evident that you had contact with a COVID-19 patient

★ For the above Flowchart and Handling Guidelines, refer to the university website.
<https://www.tsukuba.ac.jp/en/news/20201202174500.html>

