

To all students

Our response to COVID-19 under the State of Emergency

Concerning the focused measures to prevent the spread of COVID-19 currently in place in ten prefectures, including Tokyo, the government has announced that a State of Emergency will be declared in Tokyo from 12 July to 22 August. Bearing in mind the fact that the alert level of the Hitotsubashi University Activity Restrictions Index for the Prevention of the Spread of COVID-19 was raised to Level 3 (<https://www.hit-u.ac.jp/eng/covid-19/index.html>) on 12 April, when “focused measures to prevent the spread of COVID-19” were applied in some regions of Tokyo, there are no plans to change the level following the declaration of this State of Emergency.

All students are asked to continue to take note of the following points.

Please also be sure to check the university website, CELS, etc. regularly for the latest information, as all notifications and communications from the university are subject to alteration in response to the situation.

1. How to respond if you sense anything unusual about your physical condition:

If you develop a fever of 37.5 degrees Celsius or above or symptoms such as a cough or sore throat, or if you observe any equivalent physical abnormalities, or even a small impairment to your sense of taste or smell, irrespective of whether or not these are due to this virus, please avoid going outside for anything which is not urgent, including lectures and other university business; and please contact your primary care doctor or the Tokyo Municipal Consultation Center for Cases of Fever (03-5320-4592) to obtain their guidance.

2. If you are diagnosed as positive or suspected positive as the result of testing by a medical institution:

At the same time as following the guidance of the medical institution, please report this immediately by telephone to the university's health center, and do not under any

circumstances come to campus or take part in extracurricular activities, etc.

Contact details during the holiday period:

Hitotsubashi University Health Center (Tel: 080-1034-9049, available 9:00 – 17:00)

<https://www.hit-u.ac.jp/eng/campuslife/health/center.html>

3. Entry to the university premises (including all university facilities located off campus):

- 1) In principle, please do not enter for any non-urgent or unnecessary reason.
- 2) However, if you are unable to avoid entering for a necessary reason, please ensure that you bring your student ID card when you enter.
- 3) Even in cases falling under 2) above, please spend as short a time as possible on university premises.

4. Everyday activities:

At the same time as making every effort to act prudently, such as doing everything to avoid participation in gatherings involving eating and drinking, or other events with a high risk of infection, please continue to ensure that you wash your hands frequently, gargle, sanitize your hands, and observe mask etiquette. Please strictly abstain from group drinking of alcohol on the streets or in parks or other similar behavior which has become a problem recently.

In addition, please avoid any unnecessary outings or travel during Golden Week, including in the daytime, and please take care to avoid the three Cs even during outings in your neighborhood. At the same time, please consider postponing or refraining from trips to the other regions outside the Tokyo metropolitan area where infections are spreading (the Kansai region, Miyagi Prefecture, Ehime Prefecture, Okinawa Prefecture, etc.) wherever possible.

Please also consider making use of services enabling “online visits home” wherever possible. If it is absolutely necessary for you to return home, please continue to bear in mind the need to do everything possible to prevent the spread of infection: before going home, please avoid going to places where the risk of infection is high, and do not participate in gatherings involving eating and drinking; after returning home, please avoid eating together in large groups including those outside your immediate family.

5. Extracurricular activities, etc.:

- 1) For the time being, please cancel not only gatherings involving eating and drinking, and other events or activities which carry a high risk of infection, but also, in principle, those extracurricular activities authorized by the university to restart (with the exception of

those activities which have been granted special permission to take place under Level 3).

2) Activities by groups of friends shall be treated in the same way as extracurricular activities by organized groups or clubs.

6. Overseas travel, or entry to Japan from overseas:

At the same time as refraining from making any non-urgent or unnecessary trips overseas or entering Japan from overseas, where such travel or entry is unavoidable, please follow the guidance given e.g. during the medical inspection at the airport or port of entry, and strictly observe the period of isolation and other matters which are mandated by law.

(Related websites)

Ministry of Health, Labour and Welfare

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html

Ministry of Foreign Affairs, overseas safety page

<https://www.anzen.mofa.go.jp/riskmap/>

Tokyo Municipal Consultation Center for Cases of Fever

<https://covid19.supportnavi.metro.tokyo.lg.jp/service/EDp1nr1qF93oYS5J>

Tama Tachikawa Health Center

<https://www.fukushihoken.metro.tokyo.lg.jp/tthc/toiawase.html>

Tama Kodaira Health Center

<https://www.fukushihoken.metro.tokyo.lg.jp/smph/tamakodaira/index.html>

Telephone advice line for those returning to or leaving Japan

<https://www.fukushihoken.metro.tokyo.lg.jp/iryu/kansen/coronasodan.html>

Ends