

To all students

Our response to COVID-19 under the State of Emergency

Tokyo is under a State of Emergency at present, lasting between 12 July and 22 August, and the Hitotsubashi University Activity Restrictions Index for the Prevention of the Spread of COVID-19 is currently at Level 3 (<https://www.hit-u.ac.jp/eng/covid-19/index.html>).

Under these conditions, cases of infection in Tokyo and other major cities are clearly on the rise, and the possibility of a further spread of infection is growing. During the two-month period from July to late August, in particular, there is a concentration of events such as the four-day weekend, summer holidays, Obon, and the Olympics and Paralympics. We are therefore called to do whatever we can to suppress the spread of infection during the State of Emergency period.

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.

Hitotsubashi University Health Center: Weekdays, 8:30 – 17:15 (Tel. 042-580-8172)

*** Contacts details during the July 22 to 25th and during the entire university holiday period (August 11 to 15th) (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

- 1) Please make every effort to act prudently, such as avoiding participation in gatherings attended by large numbers of people or those whom you do not normally meet and which involve food and drink, and other events or activities which carry a high risk of infection. At the same time, please continue to ensure that you wash your hands frequently, gargle, sanitize your hands, and observe mask etiquette. When eating out, please do your best to choose eating and drinking establishments certified by the local government.
Also, please strictly refrain from actions such as large parties at home involving food and drink, or the group drinking of alcohol on the streets, in parks, etc. which has become a problem lately.
- 2) Please avoid crossing prefectural boundaries wherever possible. However, if crossing prefectural boundaries is unavoidable, please make every effort to travel in small groups and to consider your destination and timing in order to avoid crowds.
Also, even when meeting with elderly people who have been double-vaccinated during your visit home, etc., please make thorough efforts to avoid being infected yourself during the two weeks or so beforehand.
- 3) In the current situation, please watch Olympic events at home with just your family or other people whom you normally meet. Please refrain from watching them with a large

group of people in public places, on the streets, at eating or drinking establishments, etc.

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