

18 October 2021  
Student Services Division

To all students

### Our response to COVID-19 from 18 October 2021 onwards

As announced in the message dated 14 October 2021 from the Head of the Hitotsubashi Risk Management Office, the Hitotsubashi University Activity Restrictions Index for the Prevention of the Spread of COVID-19, which had been kept at Level 3 after 1 October 2021, has been changed to Level 1 (Partially restricted) from 18 October onwards.

At present, there is a downward trend in the number of infected people in Tokyo and throughout the country. However, given concerns about a rebound (renewed spread of infections) after the relaxation of restrictions on movement, as well as the onslaught of a sixth wave, all students are asked to reread the message from the three vice presidents of this university, “At the start of classes for the 2021 autumn semester”, and 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)

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

\* How to contact the university outside the opening hours listed above: please enter the necessary information using the form below.

Contact Tracing Form for COVID-19

<https://forms.gle/PzqPscp9roFJWF5S8>

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

- 1) IDs will continue to be checked when you enter the premises in the same way as they have been until now, so please ensure that you bring your student ID card when you enter.
- 2) 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 behavior such as large parties at home involving food and drink, or the group drinking of alcohol on the streets, in parks, etc.

2) Please avoid crossing prefectural boundaries wherever possible. However, if crossing prefectural boundaries is unavoidable, please make every effort to do so in a small-scale, distributed manner (travel in small groups and consider your destination, choosing times and places which are not crowded).

3) If you are experiencing mental anxiety due to the changing environment during the COVID-19 pandemic or the effects of loneliness, please talk to the university's Student Support Center or Health Center.

- Student Support Center: <https://www.hit-u.ac.jp/soudan/counseling/> (Japanese only)

Tel. 042-580-8147/ Mail: [imakoko@ad.hit-u.ac.jp](mailto:imakoko@ad.hit-u.ac.jp)

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

Tel. 042-580-8172/ Mail: [hoken.g@ad.hit-u.ac.jp](mailto:hoken.g@ad.hit-u.ac.jp)

5. Extracurricular activities, etc.:

- 1) For the time being, please continue to cancel not only gatherings involving eating and drinking and other events 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 student 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](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