

19 January 2022
Student Services Division

To all students

Our response to COVID-19 from 19 January 2022 onwards

As announced in the message dated 19 January 2022 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 1 since 18 October 2021, has been changed to Level 2, "Restricted (moderate)", from 19 January 2022 onwards.

At present, the number of people infected with the highly contagious Omicron variant is growing in Tokyo and throughout the country. All students are asked to continue to take note of the following points, and to cooperate in preventing the spread of infection at this university.

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 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 make every effort to avoid crossing prefectural boundaries unless strictly necessary.
- 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
- 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

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 present, as part of the border measures to deal with the Omicron variant, new entry of foreign nationals from all countries and regions continues to be suspended until the end of February this year, except where there are “special exceptional circumstances”. In addition, at the same time as refraining from any non-urgent or unnecessary overseas travel, where such travel 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