

31 May 2022  
Student Services Division

To all students

### Our response to COVID-19 from 1 June 2022 onwards

As announced in the message dated 31 May 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 will be changed to Level 1, "Partially Restricted", from 1 June 2022 onwards.

At present, cases of infection nationwide are generally on a downward trend, but the possibility of a future rebound (further spread of infection) after the relaxation of restrictions on behavior cannot be denied. All students are asked to reread the message from the three vice presidents of this university, "Reminder about preventing the spread of COVID-19", and to cooperate in preventing the spread of infection. Please note that an analysis of the circumstances surrounding cases of infection and close contact among people connected with the university shows that, with the exception of people infected at home, most cases of infection or close contact occurred when eating or gathering together, or on trips.

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.

Note that the policies below regarding the wearing of masks were laid out in the “Basic Policies for Novel Coronavirus Disease Control” (English summary at <https://www.mhlw.go.jp/content/10900000/000634753.pdf>), the content of which was partially revised on 23 May 2022. Bearing these in mind, please make appropriate judgements according to the circumstances and cooperate in preventing the spread of infection.

- If you are unable to maintain a suitable physical distance from other people, masks should be worn
- If you can maintain a suitable physical distance from other people or in physical

education classes, masks do not need to be worn

- On summer days with high temperatures, humidity, or heat stress index values, measures to prevent heatstroke should be prioritized, and masks removed
- When carrying out sports club activities, in particular those which involve contact, while following the rules for physical education classes, responses should be based on the guidelines drawn up by each sports association, and thorough measures to prevent infection, including the wearing of masks, should be taken in practice areas, changing rooms, during meals and travel as a group.

2) 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.:

Even under Level 1, events and activities which involve close contact, such as eating and drinking or overnight stays, continue to be forbidden. Please check manaba for information about the resumption of extracurricular activities and carry out the necessary procedures.

(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/>

Tokyo Metropolitan Government Bureau of Social Welfare and Public Health, COVID-19  
Inquiry Portal

[https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona\\_portal/soudan/coronasodan.html](https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona_portal/soudan/coronasodan.html)

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