

To all students

Our response to COVID-19 during the summer vacation period

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 has been maintained at Level 1, "Partially Restricted", since 1 June 2022.

However, since July 2022, new cases of infection have started to rise again nationwide, and infections are spreading rapidly in many areas, including Tokyo. There are signs that the Omicron BA.5 subvariant is more likely to lead to a growth in cases than previous subvariants and may evade immunity. In combination with the greater opportunities for close contact during the July three-day weekend and summer vacation, it is feared that the number of new infections will continue to rise rapidly in the near future.

At our university, as we approach the summer vacation period, we ask all students to reread the message from the three vice presidents of this university, "Reminder about preventing the spread of COVID-19 during the summer vacation period (https://www.hit-u.ac.jp/eng/archives/news_topics/20220720)", 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, during extracurricular activities, 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:

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.
Also, if you become a close contact, please contact the Health Center.

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/ob8MvJ97YxsEj2Ea8>

* After filling out the Contact Tracing Form for COVID-19, the Health Center (Tel. 042-580-8172) will contact you again by phone or e-mail to ask you about your movements, etc.
The process of contacting the university will be completed after this interview.

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, or other events which are likely to involve the “three Cs” and 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 make every effort to prevent infection, including choosing eating and drinking establishments certified by the local government wherever possible, and ensuring that you wear a mask when talking during the meal. Please also refrain from eating out if you feel unwell.
Moreover, 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) Note the Ministry of Health, Labour and Welfare's policies below regarding the wearing of masks.

Outside

- Wearing of masks is recommended
Only if you are unable to maintain a physical distance (2 meters or more) from other people while having a conversation with them.
- There is no need to wear masks in other situations (**E.g. when walking or running in the park, when cycling or walking along the street or to work, when passing other people outside**)
In summer, in particular, bearing in mind the prevention of heatstroke, it is recommended that you remove your mask outside in situations where it is unnecessary to wear one.

Inside

- Wearing of masks is not needed
Only if you are able to maintain a physical distance from other people and you are barely talking with them (**E.g. when reading in the library at a distance from other people, when looking at works of art**)
- In all other situations, it is recommended that you wear a mask.
* Please see the Ministry of Health, Labour and Welfare's page on the wearing of masks (English summary at <https://www.mhlw.go.jp/content/10900000/000634753.pdf>)

- 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.:

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.

Moreover, there have been several examples at this university of clusters which are thought to have been caused by eating together after extracurricular activities or by the participation in such activities by members who felt unwell, both of which are forbidden under the "Conditions for holding extracurricular activities". When resuming extracurricular activities, please be sure to strictly abide by these conditions for holding activities and by your group's own guidelines. Where there are cases of dishonest behavior, such as falsified reports, your activities may be subject to long-term suspension.

(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/>

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

Inquiry Portal

https://www.fukushihoken.metro.tokyo.lg.jp/iryō/kansen/corona_portal/soudan/coronasodan.html

Ends