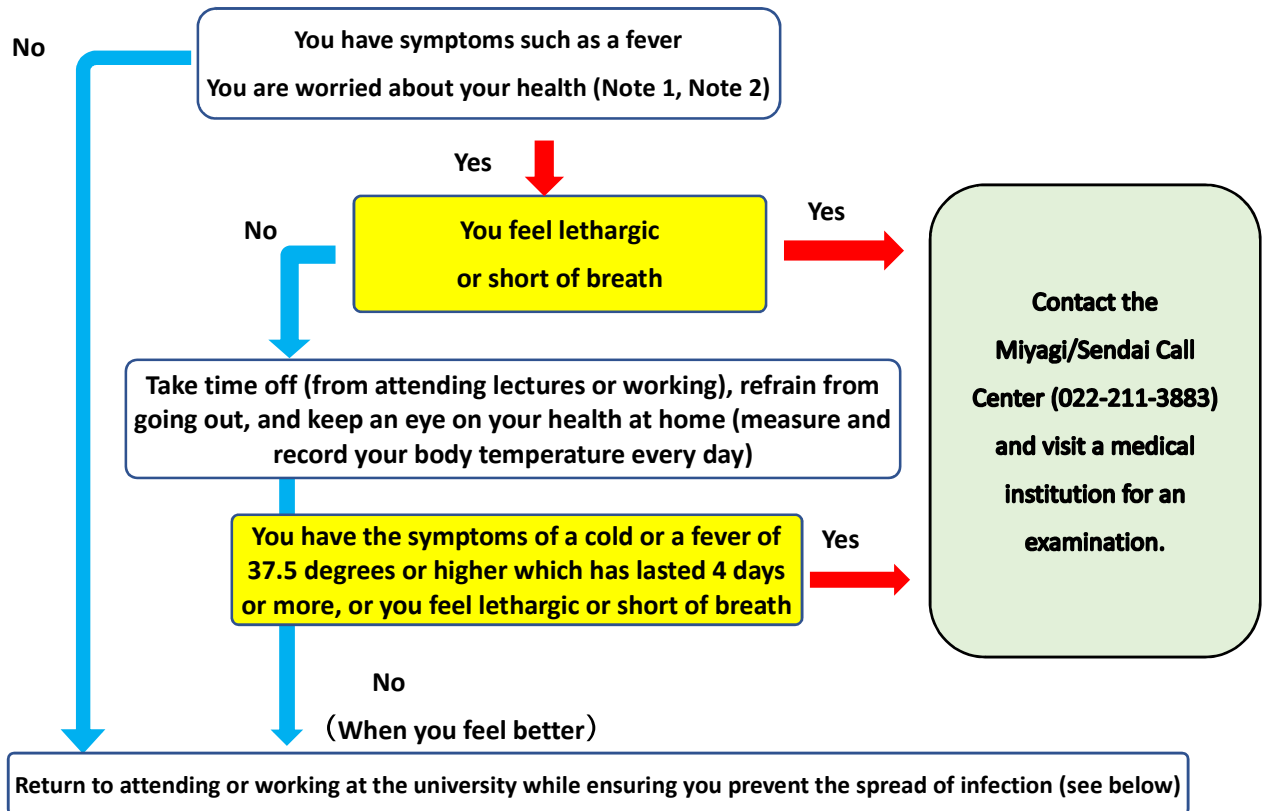


# Response to New Strain of Coronavirus

Office of Workplace Safety and Health (Occupational Health),  
Center for Environmental Conservation and Research Safety



(Prepared according to measures announced university-wide as of February 26 (there are far more cases of illnesses unrelated to the coronavirus))

## How to prevent infections and their spread

- 1) Thoroughly wash your hands with running water and soap, disinfect your hands with alcohol disinfectant, cover your mouth when coughing, and ensure the room you are using is properly ventilated.
- 2) Get an adequate amount of sleep and eat well, do not overwork, exercise moderation in drinking alcohol, do not smoke, and look after your health.

**[Primary Risk Factors of Serious Illness]** Please refrain from participating in events or leaving your home in non-urgent, non-essential situations.

- Diabetes, heart failure, respiratory disease (COPD, etc.), kidney disease (including those on dialysis)
- Senior citizens
- People who are receiving immunosuppressants or anticancer drug treatment
- Pregnant woman

If you are unwell, contact your usual doctor for instructions.

**Note 1)** If you are worried about influenza, etc. (i.e. when you have a fever of 38 degrees or higher over a short period of time), consult your usual doctor.

**Note 2)** If you return to/enter Japan, please rest at home for 14 days and keep an eye on your health.

**Note 3)** Be sure to inform your department (Academic Affairs for students, General Affairs for staff) and either the Student Health Care Center or the Center for Environmental Conservation and Research Safety with the instructions from the call center or medical institution.