

# Re: Prevention Measures Against COVID-19 (Updated on June 29)

**[ 1 ] To all students**

## (A) Please take basic anti-infection measures

- **“Cough etiquette”**  
If you have to cough or sneeze, please cover your nose and mouth with a facemask, tissue, handkerchief, or the edge of your sleeve (not palm of hand).
- **Frequent handwashing**  
Please make sure to always wash your hands after going out, train yourself to wash your hands properly.
- **Everyday health management**  
Please boost your immune system daily by getting enough sleep and eating well-balanced meals.
- **Keep proper humidity in your environment**  
Dry air weakens the defense mechanism of your throat’s mucous membranes. Keep a proper humidity between 50% and 60% by using a humidifier.

## (B) Please record your health conditions and activities (to all students)

We made a “Health Record Sheet” for each of you to record your health conditions and activities for the following purposes:

- To check yourself for any signs of coronavirus infection.
- To provide a history of symptoms and activities if you are found to be infected or have been contacted with an infected individual.

<Health Record Sheet>

- [Health Record Sheet](#) (PDF)
- [Example description in the Health Record Sheet](#) (PDF)

**Please record your health and your activity history** on a “Health Record Sheet” until Sunday August 2. You will need to bring it to the university.

As this is a private record, we do not ask everyone to submit it, however, if you are found to be infected or to have been in contact with an infected individual, you may be asked to present it to a public health center.

If you record every item of the Health Record Sheet in a diary, etc., you do not need to fill in this sheet.

## (C) Guidelines for consultation regarding an infection of coronavirus

If you have the following symptoms, please contact the coronavirus consultation desk at a public health center, and follow its directions, and inform the Student Support Division at Hiroshima City University about the situation.

- Severe symptoms such as shortness of breath (difficulty breathing), a strong feeling of weariness (fatigue) or high fever, etc.
- If you are prone to severe illness and have symptoms of a relatively mild cold, such as fever or cough (※)  
(※) Those who are elderly or have underlying diseases such as diabetes, cardiac failure, or chronic obstructive pulmonary disease (COPD, etc.) , and those who are taking immune-suppressing or anticancer drugs.
- If the symptoms of a relatively mild cold, such as a fever or cough, persist in those outside the above groups.  
(Please be sure to consult with a public health center if you have had cold symptoms for four days. As there are differences between individuals, please consult with a public health center as soon as possible if you feel major symptoms. The same applies if you need to keep taking antifever medication.)

<Contact: Student Support Division at Hiroshima City University>

Email: [gakusei@m.hiroshima-cu.ac.jp](mailto:gakusei@m.hiroshima-cu.ac.jp)

TEL: 082-830-1522 / FAX: 082-830-1529

## (D) Support programs, etc. available for students in financial need

Documents and contact information covering a wide range of Ministry of Education, Culture, Sports, Science and Technology support measures available for students are as follows.

- [Support programs, etc. available for students in financial need](#)

## **[2] To students who have returned or will return from overseas**

Please follow the frontline prevention measures for the new coronavirus in Japan announced on the Ministry of Foreign Affairs of Japan homepage.

- [Border enforcement measures to prevent the spread of novel coronavirus \(COVID-19\) \(updated on June 29\)](#)

### **[3] Please postpone or cancel overseas travel**

The Ministry of Foreign Affairs raised or maintained the infection-hazard level against worldwide on June 5. Please postpone or cancel overseas travel not only for studying abroad but also private travel. Please refer to the table below for criteria for conducting or cancelling overseas study. The chart applies to the infection-hazard level raised by the Ministry of Foreign Affairs of Japan.

➤ [Ministry of Foreign Affairs of Japan's homepage](#)

<Criteria for implementation, cancellation, postponement, continuation and discontinuation>

<b>Risk levels from overseas safety homepage</b>	<b>Guidelines established by Hiroshima City University</b>
Level 1: Be very careful	Regarding studying overseas, use great caution when traveling abroad or staying abroad.
Level 2: Cancel nonessential and nonurgent overseas travel	You should postpone or cancel overseas travel for study abroad.  You should be very careful and take sufficient safety measures if you continue to study abroad.
Level 3: Cancel overseas travel  (Recommendation for cancelation of overseas travel)	You should cancel overseas travel for study abroad.  You should discontinue studying abroad and return to Japan.
Level 4: Evacuate the foreign country where you are residing  Cancel overseas travel  (Recommendation for evacuation to Japan)	You should cancel overseas travel for study abroad.  You should discontinue studying abroad and return to Japan as soon as possible.

<Contact: Student Support Division at Hiroshima City University>

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