

Attention Students,

Let's all reaffirm *what we each must do now* to prevent the spread of the novel coronavirus infection!

1. Health Observation

Check and record the below items every day. It will come in handy should you ever need it.

Items to Check	Symptoms, from when, etc.
Temperature (fever of 37.5°C or higher)	
Respiratory symptoms (cough, difficulty breathing)	
Cold symptoms (headache, lethargy, runny nose, stuffy nose, sore throat)	
Abnormalities in sense of smell or taste	
Gastrointestinal symptoms (nausea, vomiting, stomach pain, diarrhea, etc.)	
Other (something noticed)	

2. Standard Infection Prevention

- Refrain from going out for unnecessary and non-urgent reasons and stay home.
- When you leave your house, wear a mask, and make sure that you do not touch your face unnecessarily (mucous membranes such as the eyes, nose, mouth, etc.).
- After returning home, using the bathroom, and before eating, first wash your hands with soap, scrubbing the entirety of your hands for 15 seconds or more and rinse them under running water.
- Alcohol disinfectant is also effective, however please remember to wash your hands.

3. In the case you develop symptoms similar to COVID-19

You can also consult with the university's Student Health Management Office (03-5550-2250, kenkou@slcn.ac.jp), however should it be determined that you require testing or examination at a hospital, we may have you inquire with the public health center for the region in which you live.

(1) "Cold-like symptoms" or "fever of 37.5°C or higher" continues for four days or more (two days for the elderly, those with underlying conditions, and pregnant women)

(2) "Extreme tiredness and difficulty breathing" (respiratory symptoms)

(3) Abnormalities in your sense of smell or taste, gastrointestinal symptoms (nausea, vomiting, stomach pain, diarrhea, etc.)

⇒ Call the Novel Coronavirus Consultation Center (the public health center or help desk in your area)

⇒ Get seen at the Novel Coronavirus Outpatient Clinic (Center for Returnees and Contacts) ⇒ **University: Ensure that you report this to the Student Health Management Office (kenkou@slcn.ac.jp).**

(Reference: Bureau of Social Welfare and Health homepage) *Japanese

<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/coronasodan.files/20200420soudan.pdf>

For other prefectures as well, substitute the point of contact and consult in the same way.

Consultation Centers by Prefecture *Japanese

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryoku/covid19-kikokusyasessyokusya.html

4. In the case you undergo a PCR test

Please rest at home from the time you receive the test until the result has been determined to prevent the spread of infection. Please also refrain from going outside.

▪If the result is positive:

rest at home or go to a medical institution (if your symptoms do not improve, contact the consultation center again or consult with your doctor)

▪If the result is negative:

please follow the instructions given by the medical institution or public health center

If you undergo testing, ensure that you report the results to the university's Student Health Management Office (kenkou@slcn.ac.jp)

5. In the case of a positive PCR test

Follow the instructions given by the medical institution specified for infectious diseases or public health center and rest at the designated location.

When receiving permission to be discharged and returning home, we also require that you report the test results to the university's Student Health Management Office (kenkou@slcn.ac.jp)

6. Caution when you yourself, your family, or someone close is a contact person or are suspected as such

First, please contact your nearest public health center or consultation center and confirm the necessity for testing/examination.

Please notify the university's Student Health Management Office (kenkou@slcn.ac.jp)

(Reference: Ministry of Health homepage)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryoku/dengue_fever_qa_00001.html#Q3-2

Please avoid going outside. Also have your family and any person living with you monitor their health (measuring temperature, etc.), avoid going out for unnecessary and non-urgent reasons, and especially ensure that they do not go outside when they have symptoms such as a cough or fever.

If someone in your family is suspected to be infected with the novel coronavirus, please have the family living with them be cautious of the below eight points (for more details, please see the guidelines by the Japanese Society for Infection Prevention and Control).

(1) Separate rooms

Put them in their own room. Please eat and sleep in separate rooms as well.

For those unable to separate rooms, such as those with children or those with few rooms, we recommend maintaining a

distance of at least 2m and/or setting up a divider or curtain.

(2) Keep care of family members suspected of infection to the minimum possible.

Those with underlying cardiac, lung, or kidney disease, low immunity, or pregnant, please avoid taking care of any family member suspected of infection.

(3) Wear a mask

Do not take used masks into other rooms.

Make sure you do not touch the mask's surface. When removing your mask, do so by grabbing the elastic band or string. After removing your mask, ensure that you wash your hands with soap (alcohol disinfectant is also okay). When your mask becomes dirty, please exchange it for a new clean and dry mask. When coughing or sneezing when you do not have a mask, cover your mouth and nose with a tissue, etc.

(4) Carefully wash your hands

Carefully wash your hands with soap. Use alcohol disinfectant. Make sure you do not touch your eyes, nose, or mouth with unwashed hands.

(5) Ventilate your rooms

Completely open windows facing two different directions for a few minutes at a time so that air can flow through. Please do this two times or more per hour.

(6) Disinfect shared items touched by hands

The virus will survive for a bit when attached to something. For shared items such as door handles or knobs and bed fences, after wiping them with diluted store-bought household chlorine bleach, wipe them down with water. *Regarding household chlorine bleach, confirm that the main ingredient is sodium hypochlorite, and adjust it so that its concentration is 0.05% (for product with 6% concentration, pour 25ml of the fluid into 3L of water). Regarding toilets or sinks, rinse with your normal household cleaner and carefully disinfect it with a household disinfectant. Towels, clothes, dishes, chopsticks, spoons, etc. can be cleaned with your normal detergent or soap. There is no need to separate things used by family members suspected of infection. Please make sure that you do not share things before they are cleaned. Please be especially careful not to share towels in the bathroom or kitchen.

(7) Launder dirty linen and clothes

When handling clothes or linen soiled with bodily fluids, please put on gloves and a mask, clean them with a normal household detergent, and completely dry them off. *Virus has been detected in stool and urine.

(8) Tightly close and dispose of garbage

Immediately put any tissue used to blow your nose in a plastic bag and tightly close and dispose of it when taking it out of the room. After that, immediately wash your hands with soap.

(Reference) Japanese Society for Infection Prevention and Control homepage *Japanese:

(<http://www.kankyokansen.org/uploads/uploads/files/jsipc/dokyokazoku-chuijikkou.pdf>)

7. Mental Support

Phone consultations are available via the below link.

Novel Coronavirus Mental Health Consultation (Japan Society of Certified Clinical Psychologists) Until 5/6 – 30 minute phone consultation:

http://www.jsccp.jp/userfiles/news/general/file/20200419114929_1587264569864521.pdf

Mental Health Consultation All-Inclusive Hotline (Ministry of Health) – You will be connected with the public consultation center for your area.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi_kaigo/seikatsuhogo/jisatsu/kokoro_dial.html

On-Campus Counseling

We are planning to provide an appointment-based phone consultation service from May. When you do not have an appointment, you may apply for one on the same day. We will notify you with more details through campus email.