

# KUT's Response to the Novel Coronavirus (COVID-19)

March 7, 2022

To all Students, Faculty and Staff

President, Kochi University of Technology

<Major revision to the past notice>

- Additional measures for the new academic year (Items 4 and 5)
- Changes to conditions for participation in face-to-face university-related activities (Item 6)
- Changes to home quarantine conditions after trip to areas where are designated as outbreak areas (Item 8)
- Changes to conditions for traveling overseas countries (Item 11)

Now, even healthy people who have no symptom may have COVID-19 and may spread it. In order to avoid not only catching the virus but also spreading the virus, your cooperation to follow the instruction and to work together is appreciated. KUT requests all the students, faculty and staff of KUT to follow the measurement described below.

Despite younger patients suffering minimal or no symptoms from COVID-19, some become critical and even deaths have been reported. There have been examples of breathing trouble, lethargy, and taste and smell impairments continuing for months after diagnosis. There even have been cases of hair loss recorded. Even younger people are at major health risks, so we urge all students to take preventative measures against infection.

## 1. Everyday preventive actions

Please keep taking the following basic preventive actions, such as keeping social distance with others, wearing a facemask and washing your hands frequently, and also try to practice [“New Lifestyle”](#) shown in the attachment in your daily life so that you can continuously take preventive measure against COVID-19.

- (1) Take enough sleep and well-balanced diet of nutrition to increase your immunity.
- (2) Wash your hands with soap and water frequently. Using alcohol-based hand sanitizer gel is also effective. The virus within droplets may stuck on the surface and others can be infected by touching their mouths, nose, or possibly, eyes, after touching the surface that has the virus on it. Possible channels of such transmission include hand straps of trains and buses, doorknobs, switches and buttons.
- (3) Dry air will cause a reduction of defense function of the mucous membrane of the throat. Try to keep a proper humidity (around 50%-60%). Humidifier is one of the most reliable appliances. It is also effective to wash your mouth frequently.
- (4) Please avoid places where there are many people as much as possible. In particular, please avoid dining or drinking together in large groups.
- (5) Please wear a mask when going out. In situations where it is not possible to maintain sufficient distance between yourself and others, please always wear a mask, especially indoors. However, wearing a mask in a high temperature or high humidity environment may increase the risk of heatstroke, so remove your mask when you are outdoors and able to maintain sufficient distance from others (at least 2 meters).
- (6) Please observe proper coughing etiquette. Always wear a mask when you have symptoms such as coughing or sneezing, and in the event you must cough or sneeze while not wearing a mask, please use a tissue, handkerchief, sleeve, or the inside of your elbow to cover your mouth and nose. If you

stifle a cough or sneeze with your hands, the virus will be spread to anything you touch with your hands. If you accidentally used your hands, please wash them thoroughly, and use alcohol hand sanitizer if available.

- (7) Please ventilate room frequently. (Open windows to ventilate for few minutes, more than once per 30 minutes. Open more than 2 windows at different side of the room if the room has multiple windows so that wind can flow. If the room has only one window, open the door.)
- (8) Try to avoid using goods and equipment, such as phones, PCs and desks, with multiple people. If you need to use them unavoidably with others, sanitize them frequently.
- (9) Check your health condition every morning (taking your temperature, etc.) and log it.

## 2. Precautions to prevent mass infection

Many new clusters are being reported at places where young people and students congregate, such as restaurants and parties. More and more cases of infections among university students are being reported. Each person must endeavor to change their behavior to adapt to the "new normal."

- (1) Thoroughly avoid places where there is increased risk of the three Cs: closed spaces, crowds, and close contact settings. We ask students cooperate for the zero C.
- (2) Strictly refrain from parties and meals with large groups.
- (3) If using restaurants for group meals, ensure that the restaurant has taken preventive measures like installing protective panels to block the dispersion of droplets. (in Kochi, Kochi government has started a certification system, 「高知家あんしん会食推進の店認証制度」, for restaurants which are taking infection prevention measures. Certified restaurants will receive a certified sticker. You also check it on [the website.](#))
- (4) Refrain from loud behavior (such as talking loudly in restaurants, taking part in karaoke or other social events, cheering at sporting events, et cetera).
- (5) Refrain from large-scale group trips for clubs and events and training camp for extracurricular activities.
- (6) When engaging in part-time work, it is important to wear a mask at all times, to avoid taking meals with others and to select a workplace where sufficient preventive measures are in place.
- (7) Take adequate prevention measures before, during, and after club activities, including during practice. (Such as proper use of club rooms and changing rooms, selecting suitable restaurants, et cetera)
- (8) Endeavor to fully wear a mask, wash your hands and disinfect them, and ventilate the space on a regular basis.
- (9) Please consider using the “COVID-19 Contact Confirming App COCOA”, recommended by the Ministry of Health, Labor and Welfare.

<https://www.mhlw.go.jp/content/10900000/000647649.pdf>

For those who are worried about COVID infection living in Kochi prefecture, pharmacies are listed on the website below offer free testing. It includes for those who have already had the second vaccination.

If you have any symptoms such as a fever, please follow the next NO.3 in advance.

【Information on free testing for those who are worried about COVID infection (Japanese)】

<https://www.kochi-muryokensa.com/index.html>

## 3. In case of flu like symptoms 【For International Students】

- (1) If you have any symptoms, such as a fever or cold-like symptom, stated on “(2) He/she has no symptom of the following:” of "6. Three conditions to join university-related activities “, you must remain at home. Please avoid seeing people as much as possible.

(2) If you have any symptoms, please contact IRC and refer to the attachment provided by Ministry of Health and Welfare (Japanese version only) for when to see a doctor. If your body temperature exceeds 37.5 degrees Celsius, you must contact IRC to see a doctor promptly, so that IRC can support you to make an appointment.

International Relations Section TEL : 0887-53-1130 Email : [international@ml.kochi-tech.ac.jp](mailto:international@ml.kochi-tech.ac.jp)

(3) You must not visit a clinic/hospital without prior contact by phone. Also, refrain from visiting multiple clinics or hospitals.

(4) Please contact IRC when you have taken a test and been confirmed positive for COVID from an administrative inspection such as PCR.

(5) Even if you recover and have no symptoms, please stay home until you get a result of testing. Please follow instructions from a doctor if you are ordered a period for home quarantine.

#### 4. Regarding classes and research activities

(1) Considering COVID situation, we are holding classes face-to-face taken the preventive measures such as taking a seat distance for all academic years as a general rule.

(2) Research activities are conducted with careful infection prevention measures, such as avoiding the three C's etc.

(3) Considering the risk posed by the large numbers of students moving in at the beginning of the academic year, please enter Kochi 1 week before the health check-up and orientation and quarantine at home (face-to-face participation in university-related activities not allowed) for 1 week. For new students who are unable to move into the dormitory or accommodations in Kochi 1 week prior, please avoid high-risk activities, such as dining together with your friends or joining karaoke sessions, for 1 week at your place of residence. The orientation will be held online.

#### 5. Extracurricular activities by student groups

(1) Please refer to the following for details.

The handling of extracurricular activities due to the application of the priority preventive measures. (only in Japanese)

<https://www.kochi-tech.ac.jp/student/img/6fc725fd76022788bf9e7bf5d3ada159.pdf>

(2) New students will not be allowed to participate in extracurricular activities until classes start on April 11.

#### 6. Conditions to join university-related activities

Students who have met all the two conditions are allowed to join face-to-face university-related activities (face-to-face classes, laboratory activities, extracurricular activities and other activities KUT permits). Those students who do not meet any one of the following conditions must stay at home:

(1) He/she is not applicable to all of the following.

① He/she is infected with COVID-19

② He/she is certified as the person who had close contact with an infected person or the subject of administrative tests, including PCR test.

③ His/her family member or house mate has been certified as the person who had close contact with an infected person or the subject of administrative tests, including PCR test.

④ He/she has (or might have) had close contact with an infected (or suspected infected) person.

⑤ He/she has been ordered by a public health center to quarantine at home.

⑥ He/she has been ordered by a medical facility to quarantine at home.

⑦ He/she is ordered by KUT to quarantine at home.

⑧ Bad health condition and waiting for result of a PCR or other official tests.

⑨Arrived from abroad and have not completed the home quarantine requirement.

(2) He/she has no symptom of the following:

Fever over around 37.5°C, Cough, Sneeze, Runny nose, Nasal Congestion, Sore throat, Phlegm, Cold symptoms, Fatigue, Shortness of breath, Taste/Smell disorder

\* Expect for the symptoms you are aware of the cause, such as hay fever.

\* For example, even if you only have a sore throat and are unsure if it is a different illness you are aware of, please remain at home.

\* Regarding fevers, be sure to remain at home if your temperature exceeds 37.5 degrees Celsius. Even if your temperature is below 37.5 degrees, if your normal temperature is in the range of 36 degrees and you feel like you have a fever, please remain at home just in case.

\* If by some chance you have been infected with COVID-19, you will need to remain at home to avoid infecting other people, so, if there is concern, please choose to remain at home.

- If you have been infected, designated as a close contact, have been in contact with someone who tested positive, if your family or housemate has been designated as a close contact, or if any of the items in (1) ①–⑤ apply to you, please notify the following without fail.

International Relations Section

TEL: 0887-53-1130 E-mail: [international@ml.kochi-tech.ac.jp](mailto:international@ml.kochi-tech.ac.jp)

- In case “COVID-19 Contact Confirming App COCOA”, recommended by the Ministry of Health, Labor and Welfare, confirms that you have had close contact with a person who tested positive for COVID-19, please don’t attend any university-related activities. If you believe that you have been in contact with someone who tested positive or is symptomatic within the past 2 weeks, please follow the steps above to inform International Relations Section.

- Students who would like to consult about the conditions above

Health Consultation Office

TEL: 0887-57-2020 (Weekday 8:30-17:15)

\* If you are international student, please contact the following.

International Relations Section

TEL : 0887-53-1130 Email : [international@ml.kochi-tech.ac.jp](mailto:international@ml.kochi-tech.ac.jp)

## 7. Administrative Services at the Administrative Office

Students need to contact the section in charge via email or phone in advance if he/she wishes to come to the administrative office. The person in charge will inform him/her the date and time he/she can come to the office. This applies to their visiting to the Health Consultation Office. Please refer to the email as of May 19<sup>th</sup>.

## 8. Travel of Students

(1) Please refrain from taking non-essential trips to regions ①–③ stated below. If it is deemed a necessity to travel to regions ①–③, please comply to the following university-related activities restrictions for 7 days after returning from the trip. Additionally, please take adequate steps to prevent infection during your trip, as described in (3).

① Areas where a state of emergency has been declared (During the period it’s been declared)

② Areas where the priority preventative measures are taken  
(During the period it’s applied)

③ Outbreak Areas (Refer to the following)

### **【Outbreak areas】**

Prefectures where the number newly infected per 100,000 people is 15 or greater

\*Each Friday, the outbreak areas have been updating on the university website (under "Response to the Coronavirus (COVID-19)", with restrictions applying to trips to that area for a period of 7 days from the

## 【Outbreak areas】

Prefectures where the number newly infected per 100,000 people is 15 or greater

\*Each Friday, the outbreak areas have been updating on the university website (under "Response to the Coronavirus (COVID-19)"), with restrictions applying to trips to that area for a period of 7 days from the following Monday (from Monday to Sunday).

\*The definition of outbreak area is subject to change.

- Travel subject to restrictions: All travel, including personal travel, job hunting, extracurricular activities, research, academic conference participation, etc. (includes day trips)
- As for away matches or other travels conducted by student groups, only an official game or activity equivalent to it, which is judged as crucial and with the appropriate infection prevention measures by Student Affairs Section will be allowed to travel to above areas ①–③.
- Students taking an “internship” course abide by the policies detailed in the lecture.
- Duration of university-related activities restrictions after trip: 7 days

If it is deemed a necessity to travel to areas ①–③ stated above, the “start of university-related activities restriction period” described below shall be considered as day 0 and you will not be allowed to participate in university-related activities with high risk of contact with others until day 7 (face-to-face classes and research activities will not be restricted.) Please also avoid contact with other people during your personal time.

### [Prohibited Activities]

- Having meals with other students in the cafeteria (even if there are acrylic panels in between)
- Group sports training sessions or matches where social distancing is not possible, and more

\*From day 8 onwards, you must continue to strictly monitor your health until day 14 and if you have a fever or flu-like symptoms, please see a doctor and do not attend any university-related activities.

- Start of university-related activities restriction period: the following days, whichever comes earlier
  - The day you return to Kochi Prefecture
  - The day when all restrictions for the high infectivity rate area, such as outbreak areas, state of emergency or priority preventative measures have been lifted.

- (2) If Kochi Prefecture is designated an above area, we ask you to refrain from traveling to all locations outside of Kochi Prefecture. However, if it is necessary to travel, please take adequate steps to prevent infection during your trip, as described in (3). After returning from a trip to areas ①–③ (excluding Kochi prefecture), please comply to university-related activities restrictions for 7 days after returning from the trip and strictly monitor your health until day 14, as described in (1).
- (3) When traveling, make sure you fully understand that the main routes of transmission of the COVID-19 are through droplets and direct contact. Make every effort to prevent infection by wearing a mask, bringing and using portable hand sanitizer, staying away from crowded spaces, and select a means of transportation with a low risk of infection. Try to avoid stopping in areas other than your destination.
- (4) Avoid inviting your guardians and/or acquaintances who reside in an outbreak area ①–③ without considering. If it is absolutely necessary, please consider infection prevention measures such as having them get a PCR test in advance.
- (5) The above restrictions may change in response to the emergence of new variants and the situation. In addition, if deemed necessary, we may impose other restrictions after holidays when large numbers of students are expected to return to Kochi at the same time.

## 9. Regarding vaccinations

Please visit the link below for necessary information of the university arranged vaccination.

【About COVID-19 vaccinations】

<https://www.kochi-tech.ac.jp/english/news/2021/005520.html>

## 10. Attendance or business trips of the faculty members and staff

Please abide by the following policies based on notification announced by Personnel Section on March 4, 2022.

“教職員の勤務等の取り扱いについて（第8版）” written in Japanese.

(1) As for physical attendance, judge yourself according to the KUT measure stated in the item 6 “Three conditions to join university-related activities”. If you do not meet the criteria, please report to your department head and the Personnel Section (contact information at the end of this document), and work from home. Alternatively, you may take special vacation time according to the instruction given by the Personnel Section. If you have been infected, designated as a close contact, have been in contact with someone who tested positive, or if your family or housemate has been designated as a close contact, please notify your head of faculty or the Personnel Section.

(2) Business trip for a faculty member will be decided upon by themselves, and trips for a staff member will be decided upon by the department head. However, while it is advised to avoid business trips to areas that correspond with ①an area where a state of emergency has been declared, ②an area where the priority preventative measures are taken or ③an outbreak area(except within Kochi prefecture)as described in “8. Travel of Students” If it is deemed essential after discussion with your department head and the Personnel Section, you will be allowed to go on the condition that you quarantine and refrain from participating in university-related activities with high risk of contact with other persons for 7 days and must strictly monitor your health for another 7 days. If conditions ①-③ apply to Kochi prefecture, please avoid all business trips to areas outside of Kochi. Additionally, after a business trip to regions where ①-③apply, you will not be allowed to participate in university-related activities with high risk of contact with other persons for 7 days after you return and must strictly monitor your health for another 7 days.

(3) Invitation from outside of Kochi and private travels apply to (2). However, if the invited person who tested negative right before ones visiting, it will be allowed with taking infection prevention measures.

(4) Face-to-face events are subject to the following measures until the end of March 2022. However, these measures may be subject to change depending on emergent conditions regarding COVID-19.

- Hosting of events at which unspecified numbers of extramural congregate is forbidden, irrespective of whether within or without the campus.
- A decision on whether to host a small-scale event at which exact participants can be identified should be made following consultation with the relevant parties (please consult the General Affairs Section.)

## 11. Visiting to/from oversea countries

(1) The restrictions are as follows, according to the risk level stated in [Overseas Travel Safety Information](#) released on the website of Ministry of Foreign Affairs.

Level	Restrictions
Level 1	Avoid. However, permitted if deemed essential
Level 2	Generally prohibited
Level 3 and above	Forbidden

After arrival in Japan, you may not attend any face-to-face university-related activities until you have completed the home quarantine conditions designated by the government of Japan.

Foreign countries are considered as areas with high rates of infection and you will need to observe a university-related activities restriction period of 7 days after arriving in Kochi.

(2)Invitations/Visits from Abroad

Avoid. However, permitted if deemed essential.

(3)A faculty or staff member shall discuss with the respective heads of faculty (Director of Administrative

Services for university staff) The above conditions also apply to all personal trips.

**【Contact】**

\*If you have symptoms such as shortness of breath, strong fatigue, cold symptoms or a high fever, or you suspect that you have been infected, please contact the following:

The Counseling Center for Coronavirus Disease

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

New Coronavirus Health Counseling Center Kochi

TEL: 088-823-9300 Open hours: 9:00-21:00 everyday

<https://www.pref.kochi.lg.jp/soshiki/130401/2020020300117.html>

\* If working from home, if you are infected or are a close contact, etc. ( a faculty or staff member)

Personnel Section

TEL: 0887-53-1112 Email: [personnel@ml.kochi-tech.ac.jp](mailto:personnel@ml.kochi-tech.ac.jp)

\*If a faculty or staff member would like to consult about face-to-face events

General Affairs Section

TEL: 0887-53-1113 Email: [general@ml.kochi-tech.ac.jp](mailto:general@ml.kochi-tech.ac.jp)

Contact at KUT

[https://www.kochi-tech.ac.jp/about/contact/contact\\_info.html](https://www.kochi-tech.ac.jp/about/contact/contact_info.html)

**【Related website】**

Ministry of Health, Labor and Welfare

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html)

"Overseas Travel Safety Information" web site provided by the Ministry of Foreign Affairs of Japan

<https://www.anzen.mofa.go.jp/>



# Example of practicing "New Lifestyle"

## (1) Basic infection prevention measures for each person

### Three basics for preventing infection:

#### ① Keeping physical distance, ② wearing a mask, ③ washing hands

- Keep a distance of two meters as much as possible, or at least one meter, between two persons
  - Chose outside rather than inside if you are to play
  - Avoid standing right in front of each other during conversation as much as possible
  - Wear a mask when you go out or talk inside even without any symptoms
  - Wash your hands and face first when you get back home, followed by changing clothes and showering as soon as possible
  - Carefully wash your hands with water and a soap for approximately 30 seconds (also possibly with hand sanitizer)
- ※ Pay more attention to your health, especially when meeting those who may have a high risk of serious symptoms, such as the elderly or people with chronic diseases.

### Infection prevention related to traveling

- Refrain from traveling to and from where the infection is prevailing
- Refrain from traveling upcountry or for leisure. Business trips only when it is unavoidable
- Keep a record of the people you meet and the time of meeting in case you get infected
- Carefully follow how the infection is prevailing locally

## (2) Basic lifestyle for daily life

- Wash and sanitize hands frequently
  - Make sure to observe coughing etiquette (by covering your mouth)
  - Ventilate frequently
  - Keep physical distance
  - Avoid gatherings in crowded places, close contact settings and closed spaces**
  - Check your health condition and measure body temperature every morning
- Do not force yourself to go out, and stay home if you have symptoms of fever or cold



## (3) Lifestyle for each scene of daily life

### Shopping

- Use online shopping
- Shop by yourself or in a small group, at off-peak hours
- Use electronic payment
- Plan your shopping in advance and shop quickly
- Refrain from touching displays like samples
- Keep a distance while lining up at the cashier

### Leisure, Sports etc.

- Select places like parks at off-peak time
- Refer to videos for home muscle training or yoga
- Jog in a small group
- Keep a distance as etiquette when passing others
- Utilize booking systems for leisure
- Do not stay long in small rooms
- Keep a distance or stay online for singing or cheering others

### Public Transports

- Refrain from chatting
- Avoid peak-hours
- Also take a walk or use bikes

### Meals

- Take away or delivery
- Enjoy meals at outside spaces
- Serve individually, avoid sharing plates
- Do not sit face-to-face, rather besides
- Concentrate on eating, refrain from chatting
- Avoid serving alcohol, sharing glasses or sake cups

### Family ceremonial occasions

- Avoid banquets or meetings with large numbers
- Decline participation when you have symptoms of fever or cold

## (4) New working style

- Work remotely and rotate commuting shifts
- Keeping a distance while commuting during different working hours
- Open and widen working spaces
- Use online meetings
- Exchange business cards online
- Wear a mask and ventilate venues in case of a face-to-face meeting

※ Infection prevention guidelines for each business sectors will be prepared by relevant organizations.



## 新型コロナウイルス感染症についての相談・受診の目安

### 1. 相談・受診の前に心がけていただきたいこと

- 発熱等の風邪症状が見られるときは、学校や会社を休み外出を控える。
- 発熱等の風邪症状が見られたら、毎日、体温を測定して記録しておく。
- 基礎疾患（持病）をお持ちの方で症状に変化がある方、新型コロナウイルス感染症以外の病気が心配な方は、まずは、かかりつけ医等に電話で御相談ください。

### 2. 帰国者・接触者相談センター等に御相談いただく目安

- 少なくとも以下のいずれかに該当する場合には、すぐに御相談ください。（これらに該当しない場合の相談も可能です。）

☆ 息苦しさ（呼吸困難）、強いだるさ（倦怠感）、高熱等の強い症状のいずれかがある場合

☆ 重症化しやすい方（※）で、発熱や咳などの比較的軽い風邪の症状がある場合  
（※）高齢者、糖尿病、心不全、呼吸器疾患（COPD等）等の基礎疾患がある方や透析を受けている方、免疫抑制剤や抗がん剤等を用いている方

☆ 上記以外の方で発熱や咳など比較的軽い風邪の症状が続く場合

（症状が4日以上続く場合は必ずご相談ください。症状には個人差がありますので、強い症状と思う場合にはすぐに相談してください。解熱剤などを飲み続けなければならない方も同様です。）

- 相談は、帰国者・接触者相談センター（地域により名称が異なることがあります。）の他、地域によっては、医師会や診療所等で相談を受け付けている場合もあるので、ご活用ください。

（妊婦の方へ）

妊婦の方については、念のため、重症化しやすい方と同様に、早めに帰国者・接触者相談センター等に御相談ください。

（お子様をお持ちの方へ）

小児については、小児科医による診察が望ましく、帰国者・接触者相談センターやかかりつけ小児医療機関に電話などで御相談ください。

※なお、この目安は、国民のみなさまが、相談・受診する目安です。これまで通り、検査については医師が個別に判断します。

### 3. 医療機関にかかる時のお願い

- 複数の医療機関を受診することにより感染を拡大した例がありますので、複数の医療機関を受診することはお控えください。
- 医療機関を受診する際にはマスクを着用するほか、手洗いや咳エチケット（咳やくしゃみをする際に、マスクやティッシュ、ハンカチ、袖・肘の内側などを使って、口や鼻をおさえる）の徹底をお願いします。



# Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **“coughing manners”** including wearing a mask.

## 1. Washing hands

### Correct way to wash hands.



1 After thoroughly wetting your hands with running water, apply soap and rub the palms well.



2 Rub the back of your hands up and down.



3 Thoroughly rub the fingertips and nails.



4 Wash between your fingers.



5 Twist and wash your thumbs with the palms of your hands.



6 Don't forget to clean your wrists.

### Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

## 2. “Coughing manners”

### Three “coughing manners”

- Observe the manners on a train, at work, school or wherever people gather.



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

### Correct way to wear a mask.



1 Ensure both your nose and mouth are covered.



2 Place the rubber string over your ears.



3 Cover up to your nose so there are no gaps.



Ministry of Health, Labour and Welfare



Search

# 感染リスクが高まる「5つの場面」

## 場面① 飲酒を伴う懇親会等

- 飲酒の影響で注意力が低下する。また、聴覚が鈍磨し、大きな声になりやすい。
- 特に敷居などで区切られている狭い空間に、長時間、大人数が滞在すると、感染リスクが高まる。
- また、回し飲みや箸などの共用は感染のリスクを高める。



## 場面② 大人数や長時間におよぶ飲食

- 長時間におよぶ飲食、例えば深夜のはしご酒では、昼間の通常の食事に比べて、感染リスクが高まる。
- また大人数、例えば5人以上の飲食では、大声になり飛沫が飛びやすくなるため、感染リスクが高まる。



## 場面③ マスクなしでの会話

- マスクなしに近距離で会話をすることで、飛沫感染やマイクロ飛沫感染での感染リスクが高まる。
- マスクなしでの感染例としては、昼カラオケや野外のバーベキューでの事例が確認されている。



## 場面④ 狭い空間での共同生活

- 狭い空間での共同生活は、長時間にわたり閉鎖空間が共有されるため、感染リスクが高まる。
- 寮の部屋やトイレなどの共用施設での事例が確認されている。



## 場面⑤ 居場所の切り替わり

- 仕事での休憩時間に入った時など、居場所が切り替わると、気の緩みや環境の変化により、感染リスクが高まることもある。
- 休憩室、喫煙所、更衣室での事例が確認されている。車やバスで移動する際の車中でも注意が必要。



## **5 Scenarios that Raise the Risk of Infection**

### **Scenario1 Social Gathering with Alcohol Involved**

- Attentiveness and hearing are lowered when drinking alcohol, raising the tendency to speak loudly.
- The risk of infection particularly increases when staying with large groups in isolated spaces for extended periods.
- Sharing drinks and chopsticks also increase the risk of infection.

### **Scenario2 Dining with a Crowd or for a Long Time**

- Dining for a long-time (such as barhopping) increases the risk of infection compared to normal daytime meals.
- Dining with large groups (5+ people) also raises the tendency to speak loudly, making it easier for droplets to fly and increasing the risk of infection.

### **Scenario3 Conversing without Masks**

- Conversing at close distances increases the risk of infection via droplets or microdroplets.
- Infection due to not wearing masks has been confirmed in daytime karaoke gathering and outdoor barbecue parties.

### **Scenario4 Cohabitation in Tight Spaces**

- Living together in tight spaces increases the risk of infection due to close distances being maintained for an extended period.
- Infection has been confirmed in shared facilities, such as dormitory rooms and toilets.

### **Scenario5 When you move**

- Moving from a place to place (such as when taking a break from work) may lead to an increased risk of infection due to a change of environment or easing of tension.
- Cases have been confirmed in lounges, smoking areas, and lockers rooms. Please exercise care even while traveling via bus or car.