

To All Students of Nagoya University (Daily Life)

The cases of infection to the novel coronavirus (COVID-19) has been spreading.

To protect your university life, as well as that of those around you, please understand and cooperate with the following:

- **If you have cold-like symptoms such as a fever, please do not come to the university and rest at home.**

- **If you are experiencing any of the following symptoms, please consult with Nagoya University Health Administration Office or Consultation Center for China Returnees and Contact Persons.**
 - **Those with symptoms of a cold, a fever of 37.5C and above, or similar that have lasted for over 4 days**
 - **Those who feel extremely tired (fatigue), have difficulty breathing (respiratory problems), or similar**

< Consultation >

■ **Health Administration Office**

TEL: 052-789-3970 (Ext. 3970)

Email: hokekan@htc.nagoya-u.ac.jp (We can respond to emails during nighttime and weekends)

■ **Consultation Center for China Returnees and Contact Persons**

Naka Health Center TEL: 052-241-3612 (nighttime/public holidays/holidays)

※ **If you have consulted with the Consultation Center for China Returnees and Contact Persons during nighttime and holidays, please be sure to inform the Health Administration Office.**

- Be aware of your physical condition, and look after your own health
Be sure to eat and sleep adequately, and maintain your health. In addition, taking your temperature, monitoring your respiratory conditions and recording them are effective as well.

- Be thorough with **washing hands, cough etiquette, disinfection, and wearing a mask when going outdoors.**
In addition to washing hands and cough etiquette in everyday life, when using shared spaces, be thorough with disinfecting before/after use and wearing masks

- Refrain from unessential and unurgent outings, in particular, holding club activities, excursions, welcome/farewell parties, etc., taking part in events where a large number of people will gather.

Environments where you are in a closed space and talk at a close distance with many people have the risk of spreading infections even without coughing, sneezing, etc.

- Make appropriate decisions based on correct information

Please put in the effort, as a student of Nagoya University, to get correct information and proper understanding, and avoid thoughtless behavior from rumors and assumptions.

For more information, go to the Health Administration Office website:

<http://www.htc.nagoya-u.ac.jp/hokenkanri/>

Nagoya University