

July 29, 2022

To students, faculty and staff members

### **How to Prepare for Possible COVID-19 Infection**

People who are infected with COVID-19 and quarantine at home are rapidly increasing. Due to its high infectivity, the entire family can be infected.

Considering the above, we advise you to prepare a two-week supply of food and over-the-counter medicines in case you have to quarantine at home.

[Things to prepare] (examples)

- Foodstuffs (water, sports drinks, jelly drinks, packaged rice, retort-packaged food, frozen food, canned food, etc.)
- Daily necessities (thermometers, masks, rubbish bags, tissue paper, alcohol disinfectant, toilet paper, etc.)
- Medicines (medicines for chronic illnesses, antipyretic, analgesic and anti-inflammatory drugs, etc.)

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