

(Translation)

March 30, 2020

Dear International House Residents,

### Precautions to Take to Prevent the Spread of Infections in International House

Please follow the guidelines below to prevent the spread of infections during your stay at International House.

1. During this cold and flu season, the basic measures to stop the spread of infectious diseases, as well as the novel coronavirus, are washing your hands, practicing cough and sneeze etiquette, and wearing a mask. Please stay at home and avoid going out, even if the symptoms are mild such as a sore throat.
  
2. When you use a common space (communication lounge), please keep the following points in mind.
  - Regularly air out the room. Open a window to let in some fresh air
  - Keep the usage time as short as possible
  - Reduce the number of people
  - Be careful when coughing and sneezing, and sanitize your hands regularly
  - Refer to the guidelines against infectious disease issued by Health Care Administration Center (see the next page) and take control of your health
  - Please avoid nonessential outings and refrain from attending events, including outdoor ones.

Director, Crisis Management Office

Inquiry:  
International Student Office  
TEL:0155-49-5298  
Mail: rgk@obihiro.ac.jp

Guidelines to Prevent the Spread of Infectious Diseases  
(Issued by Health Care Administration Center)

●To prevent being infected

- (1) Wash your hands: Wash your hands when you come home or before eating.
- (2) Take control of your health: Get enough sleep, eat nutritionally- balanced meals, and exercise. Following this advice will strengthen your immune system.
- (3) Maintain ideal humidity: Use a humidifier to keep your room between 50-60% humidity. This will keep your throat moist and help prevent a sore throat.
- (4) Avoid the risk of infection: Follow the “Three Cs” in daily life.
  - (1) Closed spaces with poor ventilation
  - (2) Crowded places with many people nearby
  - (3) Close-contact settings such as close face to face conversations

●To prevent the spread of infection

- (1) Stay at home: Do not go to school or work if you have any cold symptoms such as fever.  
If you have these symptoms, monitor and record your body temperature daily.
- (2) Criteria for contacting the Consulting Center for the people with potential COVID-19 exposure (Health Center):
  - You have had cold symptoms or fever over 37.5°C lasting more than four days (including when you needed to take an anti-fever medicine).
  - You are fatigued (a strong feeling of weariness) or shortness of breath (difficulty breathing).

\*Please consult the Center if you are a senior citizen or have an underlying disease, and have had the symptoms mentioned above for about two days.

Consulting Center: Obihiro Health Center

Address: Higashi 3-jo Minami 3-chome, Obihiro, Hokkaido

TEL: 0155-26-9084