

Notice: Obihiro University of Agriculture and Veterinary Medicine (OUAVM) Response to COVID-19

On March 19, 2020, the Japanese Government's Panel on the Novel Coronavirus Disease Control announced the Analysis of the Response to the Novel Coronavirus (COVID-19) and Recommendations, which highlights the importance of thoroughly implementing basic infectious disease control measures, such as practicing good cough and sneeze etiquette and frequent hand washing, while at the same time promoting public health management and appropriate environmental hygiene practices. These include avoiding (1) closed spaces with poor ventilation, (2) crowded places with many people nearby, and (3) close-contact settings such as face to face conversations.

Based on the announcement, the Ministry of Education, Culture, Sports, Science and Technology (MEXT) notified universities that they should prepare for the start of educational and research activities with special attention to providing hygienic conditions and take measures to avoid the spread of the virus, including the implementing of the aforementioned measures (document number: Moto-Bunkako No. 1259; document date: March 24, 2020; document title: Start of Classes at Universities in AY 2020; hereinafter referred to as the "MEXT Notice").

Based on the above, OUAVM has set Six Rules to Fight Against Infectious Diseases and the Individual Response to Infectious Diseases:

OUAVM's Six Rules to Fight Against Infectious Diseases:

1. Wear masks.
2. Install stands for alcohol-based hand sanitizer.
3. Practice social distancing.
4. Ventilate rooms regularly.
5. Clean rooms and equipment after use.
6. Ensure that students, faculty and staff members monitor their health.

Individual Response to Infectious Diseases:

Everyday actions to protect yourself

1. Wash hands.	Wash your hands frequently, such as upon returning home and before meals.
2. Stay healthy.	Boost your immune system with adequate sleep, a balanced diet, and proper exercise.
3. Maintain adequate humidity.	Keep your room adequately humid (50%–60%) using a humidifier because dry air decreases the defense mechanism in the throat mucous membrane and increases your risk of infection.
4. Avoid risk of infection.	Avoid places where the following three conditions could occur simultaneously: (1) closed spaces with poor ventilation, (2) crowded places with many people nearby and (3) close-contact settings such as face to face conversations.

Everyday action to prevent transmission

5. Practice good cough and sneeze etiquette.	If you cough or sneeze, always cover your mouth or nose with a mask, tissue, handkerchief or your sleeve or elbow.
6. Stay home.	If you have cold-like symptoms, such as a fever, stay home. Take your temperature daily and write it down.
7. Contact the consultation center for people with potential exposure to COVID-19 set up at your nearest public health center if you meet either of the criteria in the right column.	<ul style="list-style-type: none"> ● If you are experiencing shortness of breath, extreme fatigue, high fever and/or other severe symptoms ● If you are experiencing fever, cough and/or other persistent mild symptoms (Be sure to seek advice if you experience the above symptoms for four or more days. Since symptoms vary among individuals, this also applies if you think your symptoms are severe or continuously need fever-reducing medications.) ● If you are at higher risk for severe illness* and experience mild cold-like symptoms such as a fever and/or cough <p>*People at higher risk include those of advanced age, those with an underlying condition, such as diabetes, heart failure or respiratory illness (e.g., chronic obstructive pulmonary disease), those receiving dialysis treatment and those taking immunosuppressive medications or anticancer drugs. Pregnant women are also advised to promptly seek advice to ensure their safety.</p> <p>Contact: Obihiro Public Health Center (Tokachi Joint Government Building, Higashi 3-jo Minami 3-chome 1, Obihiro) TEL: 0155-26-9084</p>

As OUAVM takes steps necessary for its educational and research activities and students' campus lives based on the Six Rules to Fight Against Infectious Diseases, the staff are kindly advised to familiarize themselves with this notice and act accordingly.

To prevent the spread of the virus, the staff are also advised to act responsibly in line with the Individual Response to Infectious Diseases and ensure that students are informed.