

# Measures to Combat the Coronavirus during the New Year Period

## Protect yourself and others from becoming infected!

### Returning home, traveling, etc.

1. Try to **stagger your journeys** home or elsewhere to avoid the "3 C's"
2. If you have symptoms, postpone any travel for **at least 10 days**, and then wait for another **3 days** after the symptoms have disappeared
  - Take thorough measures to prevent infections for **14 days** before returning home
  - Take special care when meeting people who are elderly or who have a chronic illness which could be aggravated
  - If you develop an illness while returning home, spend as much time as possible separate from other people to prevent the spread of infection at your destination
3. **Be careful when traveling in cars, trains, and buses**
  - Always wear a mask to help avoid the "3 C's"
  - Avoid eating and drinking as much as possible

### Christmas, first shrine visits of the New Year, etc.

1. Be sure to thoroughly implement **basic measures to prevent infections**, especially at seasonal events where a large number of people are likely to gather
  - Observe social distancing (of over 1 meter)
  - When talking, **wear a mask** and don't talk for more than 15 minutes
  - **Wash** and thoroughly disinfect your hands
2. **Make a note of who you meet and where you meet them, and use a contact confirmation app**

### Year-end parties, New Year's parties, etc.

1. With regard to social gatherings, refrain from eating and drinking for long periods with a large number of people (**5 or more**)
  - Only eat and drink with people you are usually in contact with
  - Arrange seats so that they are not directly across from one another
  - Eat **quietly**
  - Wear a **mask** while talking
2. **Check for sufficient ventilation**
  - Refrain from going to closed areas such as **karaoke establishments** and bars with live music, as the virus is airborne.

  
**Please don't attend gatherings if you're not feeling well**

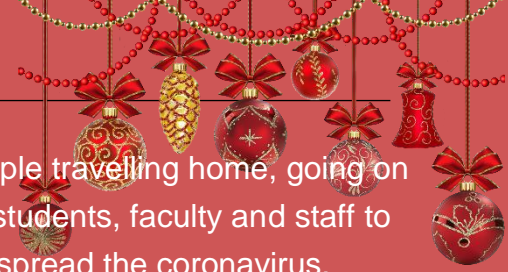


Let's be considerate and support each other by keeping in mind basic measures to combat the spread of disease

- Wash your hands thoroughly with soap and water and use disinfectant
- Wear a mask
- Maintain a distance from others (of over 1 meter)
- Avoid the "three C's" (closed spaces, crowded places, and close-contact situations)
- Confirm your emergency contact information
- Ensure proper ventilation and humidity control in buildings
- If you feel unwell, consult your family doctor

# Stay Safe This Holiday Season

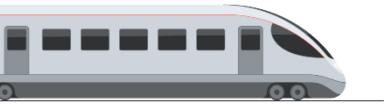
The Christmas and New Year break usually sees large groups of people travelling home, going on vacation and gathering for parties. This year, the university urges all students, faculty and staff to be extra vigilant and to refrain from activities that might inadvertently spread the coronavirus. Because the year may be over, but the threat of the pandemic is not.



## If you are travelling or returning home:

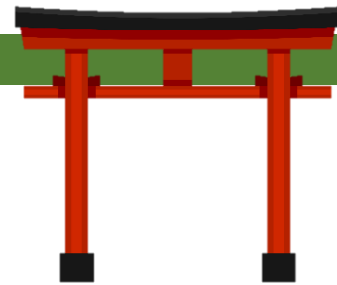


- Try to avoid popular travel dates.
- Take extra precautions for 14 days before travelling.
- If you are unwell, postpone all travel plans for at least 10 days. This includes plans to return to Sendai.
- Avoid talking, eating and drinking when travelling in cars, trains and buses due to the confined space.
- Take special care when meeting vulnerable people such as the elderly or those with underlying health conditions.
- Make a note of where you go and who you meet in case contact tracing is necessary.



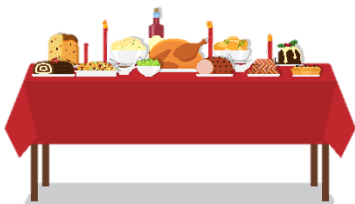
## On your first shrine visit of the new year:

- Avoid popular times and shrines that usually attract large crowds.
- Maintain physical distance (of at least 1 meter) from other people.
- Always wear a mask, practice good hygiene.



## If you're attending a Christmas or New Year party:

- Please reconsider. The university would prefer that all students, faculty and staff avoid large social gatherings, especially where there's eating, drinking and singing involved.
- Only eat and drink with people you know to be safe. Keep maskless conversations to a minimum.
- Arrange seats so that people are not directly facing each other.
- Check that the room is sufficiently ventilated.



**In all situations, please wear a mask, wash your hands frequently and thoroughly, use disinfectant, keep a physical distance of at least 1 meter from other people and avoid the 3Cs (closed spaces, crowded environments and close-contact settings.)**

**Let's be careful and responsible over the next few weeks so that we can start 2021 safe and healthy.**

HAPPY  
holidays