

Dear All Students,

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President of the University of Fukui

COVID-19 Prevention Measures during the Winter Break

Only less than a month remains until this year is over. There would be a large number of people who are planning to go back home or go on a trip during the winter break. However, it is expected that, if many people travel across Japan in this coming winter season, there will be more “3Cs” circumstances, where many people gather because of some seasonal events such as Christmas, countdown parties, New Year’s Day, or coming-of-age ceremonies.

According to the meeting for COVID-19 prevention measures by the government on November 9th, “clusters occur at parties or dormitories rather than in classes” in universities. The government requests universities “call students’ attention to actions which increase the risk of infection spread such as parties, and make sure to let everyone know about “5 scenes” which increase the risk.”

I ask all of you to take infection prevention measures thoroughly, such as wearing a mask, hand washing, hand sanitizer, ventilation, and keeping your distance, paying attention to the “5 scenes” below which increase the risk, and taking proper actions so as not to spread COVID-19 because of any lack of attention or effort.

感染リスクが高まる「5つの場面」


場面① 飲酒を伴う懇親会等

- 飲酒の影響で気分が高揚すると同時に注意力が低下する。また、感覚が鈍麻し、大きな声になりやすい。
- 特に数居などで区切られている狭い空間に、長時間、大人数が滞在すると、感染リスクが高まる。
- また、回し飲みや箸などの共用が感染のリスクを高める。



場面② 大人数や長時間におよぶ飲食

- 長時間におよぶ飲食、接待を伴う飲食、深夜のはしご酒では、短時間の食事に比べて、感染リスクが高まる。
- 大人数、例えば5人以上の飲食では、大声になり飛沫が飛びやすくなるため、感染リスクが高まる。




場面③ マスクなしでの会話

- マスクなしに近距離で会話することで、飛沫感染やマイクロ飛沫感染での感染リスクが高まる。
- マスクなしでの感染例としては、昼カラオケなどでの事例が確認されている。
- 車やバスで移動する際の中でも注意が必要。



場面④ 狭い空間での共同生活

- 狭い空間での共同生活は、長時間にわたり閉鎖空間が共有されるため、感染リスクが高まる。
- 寮の部屋やトイレなどの共用部分での感染が疑われる事例が報告されている。



場面⑤ 居場所の切り替わり

- 仕事での休憩時間に入った時など、居場所が切り替わると、気の緩みや環境の変化により、感染リスクが高まることもある。
- 休憩室、喫煙所、更衣室での感染が疑われる事例が確認されている。



1. Prevention of the COVID-19 Spread during the Winter Break

As we approach New Year's Eve and New Year's Day in the "new normal", there may be situations in which you see your relatives, etc., but do not relax your attention and take proper action to avoid catching or spreading the virus.

- Make sure to follow “Student Action Guidelines for Preventing COVID-19 Infection.”
<https://www.u-fukui.ac.jp/wp/wp-content/uploads/Behavior-guideline-2020-11-12.pdf>
- When you feel sick, refrain from returning to your hometown or traveling, and, if your health condition changes while you are returning to your hometown or traveling, refrain from eating with someone, going out, or going sightseeing. When visiting other prefectures, be aware of the infection situation in the area, and take sufficient infection prevention measures. Do not drop by places where clusters are occurring nationwide.
- When eating with someone, take measures to reduce the risk of infection by drinking in small groups and for a short time, or arranging seats diagonally across from each other, and use restaurants which follow the guidelines.
- Refrain from talking at restaurants in a loud voice, or shouting at karaoke, events or sport games.
- Manage your health condition carefully for two weeks after you return to Fukui prefecture from areas where large spreads of infections are occurring.

2. Extracurricular Activities during the Winter Break

Although extracurricular activities are allowed within the levels shown in “the Guidelines for the Phased Deregulation of Extracurricular Activities for Students at the University of Fukui”, activities on campus will be prohibited from December 26th (Sat.) 2020 to January 17th (Sun.) 2021 since classes will be all conducted via the Internet to prevent infection after the winter break until the university entrance exams on January 16th (Sat.) and 17th (Sun.), as announced in “Classes after the Winter Break” on December 2.

As for activities off campus, students must review measures, including hand hygiene (hand sanitizer or hand washing) before and after using facilities or equipment with their supervisors to avoid the 3Cs thoroughly. In addition, prepare a list of participants for each activity in order to be able to submit it on the university's request.

3. Precautions in case you are diagnosed with COVID-19 or have close contact with someone else who is during the winter break

- If you have any cold symptoms, such as a fever, cough, or general malaise, consult your family doctor or the nearest medical institution first. If you do not have any family doctors or do not know whom to consult, contact the consulting line of Fukui prefecture “Consultation Center,” TEL(0776)-20-0795 (Opening hours: 07:00-21:00; callers will be

guided to a cell phone number outside those opening hours). (If you are outside Fukui, contact the consulting counter in your hometown or nearest consultation counter).

- In case you are diagnosed with COVID-19 or have close contact with someone else who is, follow the instructions of the Public Health Center. In addition, contact the contact information at the bottom of this notice by e-mail. In addition to daily health observation, keep track of your history of activities for 2 weeks (dates, times, places, activities, and people with whom you had contact).

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