

3 April 2020

Juntendo University Students and Staff,

Please review Juntendo University's COVID-19 Policy and prevention methods listed below:

**COVID-19 POLICY:**

- In the case your symptoms develop into either of the following three scenarios contact 帰国者・接触者相談センター, 0570-550571.
  1. Cold and flu symptoms extending for more than four days along with a fever above 37.5°C
  2. Severe muscle ache and problems breathing
  3. Loss of smell and taste
- People over 60 years old, particularly those above 70 years old.
- People who have preexisting medical conditions such as diabetes, heart problems, kidney problems, dialysis patients, immunocompromised, or any other severe preexisting medical condition should contact 帰国者・接触者相談センター in the case either of the three scenarios above persist for more than 2 days.

**PREVENTION METHOD:**

- COVID-19 is thought to spread through respiratory droplets produced when an infected person coughs or sneezes, these droplets can land in the eyes, mouths or noses of people who are nearby or possibility be inhaled into the lungs. Be extra careful to avoid touching your eyes, mouth, or nose while outside.
- Make sure to wash your hands for at least 30 seconds or use an alcohol based hand sanitizer before touching your eyes, mouth, or nose.
- In the case you have to sneeze make sure to cover your nose and mouth with a mask, tissue, handkerchief, or your sleeve. Do not sneeze into your barehands. Avoid sneezing while around other people. Wash your hands immediately after sneezing.
  
- The Tokyo Metropolitan Government is urging everyone in Tokyo take the following action:
  - avoid going out at night, stay home
  - avoid large gatherings
  - avoid going to places with bad ventilation
  - avoid talking to people in close proximity

**Japan Visitor Hotline:**

- [Support available in English: 050-3816-2787](#), support available 24 hours, 365 days a year.

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President

Juntendo University