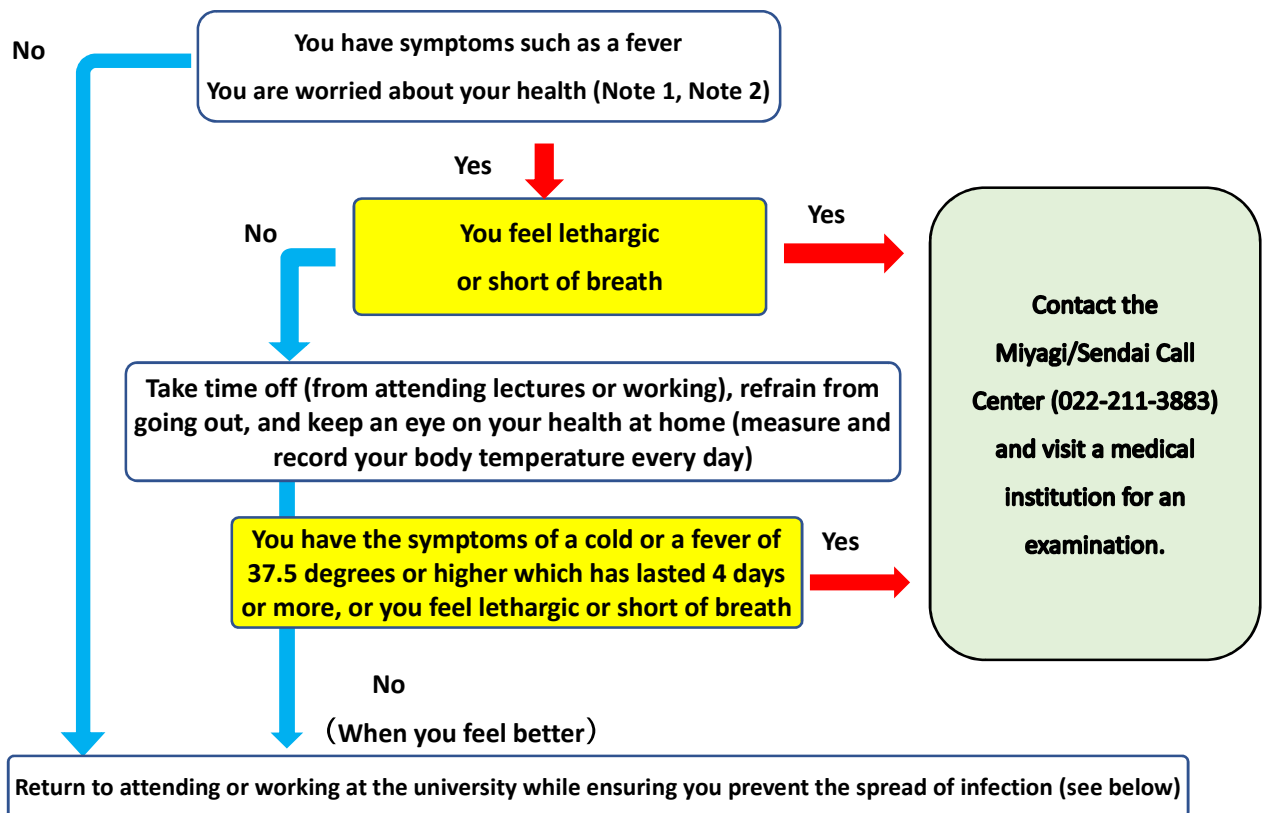


Response to New Strain of Coronavirus

Office of Workplace Safety and Health (Occupational Health),
Center for Environmental Conservation and Research Safety



(Prepared according to measures announced university-wide as of February 26 (there are far more cases of illnesses unrelated to the coronavirus))

How to prevent infections and their spread

- 1) Thoroughly wash your hands with running water and soap, disinfect your hands with alcohol disinfectant, cover your mouth when coughing, and ensure the room you are using is properly ventilated.
- 2) Get an adequate amount of sleep and eat well, do not overwork, exercise moderation in drinking alcohol, do not smoke, and look after your health.

[Primary Risk Factors of Serious Illness] Please refrain from participating in events or leaving your home in non-urgent, non-essential situations.

- Diabetes, heart failure, respiratory disease (COPD, etc.), kidney disease (including those on dialysis)
- Senior citizens
- People who are receiving immunosuppressants or anticancer drug treatment
- Pregnant woman

If you are unwell, contact your usual doctor for instructions.

Note 1) If you are worried about influenza, etc. (i.e. when you have a fever of 38 degrees or higher over a short period of time), consult your usual doctor.

Note 2) If you are returning (or are newly arrived) from China, Korea (specifically, Daegu Metropolitan City or Cheongdo-gun) or Iran, please refer to notices made by Tohoku University.