

## UH Aobayama Guidelines for Residents on Preventing COVID-19 Infection

In order to minimize the risk of novel coronavirus (hereafter, COVID-19) infection we ask that residents and unit members please cooperate and carefully observe the following guidelines.

Please be responsible and considerate toward yourself and other unit members.

### Effective COVID-19 prevention in daily activities:

- Take care of your health
- Wash hands often
- Wear a mask
- Ventilate rooms often
- Avoid the "3 Cs" (closed spaces, crowded areas, close contact)

1. Please ventilate units, private rooms, and hallways by using ventilation fans, opening windows/doors, etc.

Note: when leaving doors/windows open, take precautions to prevent theft of valuables.

2. Please wear a mask while using shared spaces, such as the open living rooms and Interaction Building.

3. Wash/disinfect hands frequently using the provided soap and alcohol hand sanitizer.

Note: If your skin is sensitive or chapped, you can use hand soap.

#### When to Wash Hands

(1) After returning from outings.

(2) After touching anything other people may have touched.

For example: door knobs, thumb-turns, elevator buttons, door handle and key-card buttons at unit entrances, furniture or appliances shared among unit members, etc.

(3) After using showers or toilets.

(4) Before/after preparing or eating food

4. Please do not share hand towels with others. Each person should use their own towel.

Note: The dormitory office will remove the hand towels from the open living room kitchens.

5. Please observe the following when using the open living room tables.

(1) Do not sit facing each other while eating. After preparing meals, residents should eat alone in their private rooms.

(2) It is preferable that you arrange your schedules so that no more than two people use the table at a time. If a number of the people must unavoidably use the table due to their class schedules etc., keep adequate distance between each person and do not sit facing each other. (Leave every other seat empty, etc.)

(3) Wipe the table with the provided chlorine spray after use.

(4) Do not hold gatherings or parties in the units.

6. As kitchen items are shared, we ask that residents promptly wash and put away dishes, tableware, cooking utensils etc. after use. Do not leave them in the kitchen, and do not share plates etc. with others while eating. Also, please avoid sharing food/ingredients; residents should label their food, and each resident should have their own separate storage space for their food.

7. To dispose of garbage, line the garbage can in your room with a garbage bag (available at supermarkets etc.). Make sure to sort your garbage properly before moving it to the garbage cans in the open living rooms.

8. The rental sheets are replaced every two weeks. Place the used sheets in the collection bag in the open living room, being careful not to touch the other residents' sheets.

9. If you begin to feel unwell, please take the following measures.

(1) Avoid going out. Rest in your private room and avoid the open living room as much as possible.

(2) Inform the other unit members that you are not feeling well, and avoid contact with them.

Note: If possible, the unwell person should purchase food online and have it delivered, or ask unit members to buy food, place it in a bag, and hang it on their door handle etc.

(3) Designate one of the three toilets and one of the two showers for use exclusively by the unwell resident until their symptoms subside, or until directed otherwise by their physician.

(4) Contact the UH Aobayama dormitory office or the Student Services Division's Life Support Section, provide them with the information below, and follow their instructions. Inform the Student Health Care Center as well.

Note 1. Required Information

① Current symptoms

② Description of contact within the last two weeks with any persons infected with COVID-19, or any persons determined by the government to have had close contact with infected persons

③ Indicate whether you have had a PCR test within the last two weeks

④ Details of any overseas travel within the last two weeks

⑤ Indicate whether you are experiencing an altered sense of taste or smell

Note 2. Contact Information (help is available in both Japanese and English)

① UH Aobayama Office: 022-395-8002

Email: [uh-aobayama@dl.n.jp](mailto:uh-aobayama@dl.n.jp)

② Student Services Division, Life Support Section: 022-795-3943, 3944, 3774

Email: [sta-ryo@grp.tohoku.ac.jp](mailto:sta-ryo@grp.tohoku.ac.jp)

③ Student Health Care Center Email (For reporting only; no response will be sent.)

[infection2020@grp.tohoku.ac.jp](mailto:infection2020@grp.tohoku.ac.jp)

10. Please refrain from inviting non-residents into your unit, even during daytime hours.

11. In addition to items 1–10 above, please discuss infection prevention with your unit members over LINE etc. to decide details regarding open living room usage.
12. Please avoid using the dormitory buildings' elevators together with others. Take the stairs, or wait for an empty elevator.
13. Access to the Interaction Building is as follows.
  - (1) The Interaction Building's study rooms and outdoor deck (A, B, and C) are closed.
  - (2) Regarding the Interaction Building's multipurpose lounge and "smart infill" rooms, one person may use each table at a time. They may only be used for online classes or studying. Using them for social gatherings or parties is prohibited.
  - (3) The Interaction Building's convenience store, copy room, and mail room will not be open to multiple users at a time.
  - (4) The Interaction Building's multipurpose room (prayer room) will be open for individual use only.
14. Not all exchange activities among residents are impossible -after all, UH Aobayama was founded as an incubator for global leaders under the principles of "developing an international outlook" and "cultivating cooperativeness and interpersonal skills." However, both on and off campus, not just at UH Aobayama, it is necessary for everyone to adjust to the "new normal" of COVID-19 prevention. So, we ask you to replace the former group activities, such as parties, game nights, etc., with ones that use the Internet and do not require in-person contact.
15. For the time being, please refrain from going to airports or stations to meet people arriving in Japan from abroad.

Contact Information  
Student Services Division, Life Support  
Section, UH Aobayama Office

Thank you for your attention.

## **Call for Ideas: Preventing/Mitigating COVID-19 Infections in Dormitory Units**

Items 1 through 15 above provide general guidelines for preventing COVID-19 infection at UH Aobayama.

We know that observing these guidelines over the long-term will place a great burden on the residents, but we ask for your cooperation, as the safety of all residents is our top priority.

On the other hand, we are aware that conducting exchange activities exclusively online may delay the development of our residents as global leaders, contrary to the UH concept and the residents' own personal objectives.

As residents, you have a view of dormitory conditions that the university administration does not, and you probably have found methods of COVID-19 prevention that would be useful to others. Therefore, the Student Services Division's Life Support Section asks you to email us your ideas for facilitating adherence to these guidelines, increasing resident safety during the pandemic, and preventing the spread of infection.

Although we cannot implement any ideas that require a large amount of money, we will implement your ideas whenever possible, after conferring with university experts on infectious diseases.