

NOVEL CORONAVIRUS

As of July 15, 2022

kikikanri@ml.jaist.ac.jp

ALERT ALERT ALERT

COVID-19

Warning!

Ishikawa

Infection Spread Alert

July 15, 2022

(Request from Ishikawa Prefectural Government)

- **Avoid going out or traveling to crowded places or places with a high risk of COVID-19 infection.**
- **Refrain from unnecessary travel between Ishikawa and other prefectures.**
- **When eating or drinking, eat in small groups and eat in silence as much as possible. Wear a mask when conversing.**

Protect yourself and your loved ones from COVID-19

“Adopt the New Normal”

“Avoid Close Contact with Others”

“Avoid High Risk Situations”

We appreciate your cooperation.

From:kikikanri@ml.jaist.ac.jp

Applicable to All JAIST Members Including Executives, Faculty, Staff, and Students

※ Whether or not you have returned or entered the country from abroad

(a). When you have symptoms such as fevers, follow the instructions below.

① If you have primary care doctor

First, contact the doctor and inform them of your symptoms then follow their instructions.

② If you do not have primary care doctor

First, contact the “Consultation center for fever patients” (TEL:0120-540-004 operate 24 hours, including weekends and holidays) Inform your symptoms and follow their instructions.

※ When you go to the medical institution, make sure to wear a mask, wash your hands, practice cough etiquette, and use your private vehicle. (refrain from using public transportation)

(b). In any of the cases above, report the symptoms, consultation results, and any other relevant information to kikikanri@ml.jaist.ac.jp.

Important notice for preventing COVID-19 outbreaks.

Avoid the “Three Cs”!

1. **Closed spaces** with poor ventilation.
2. **Crowded places** with many people nearby.
3. **Close-contact settings** such as close-range conversations.



One of the key measures against COVID-19 is to prevent occurrence of clusters.
Keep these “Three Cs” from overlapping in daily life.



The risk of occurrence of clusters is particularly high when the “Three Cs” overlap!

In addition to the “Three Cs,” items used by multiple people should be cleaned with disinfectant.



Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and “coughing manners” including wearing a mask.

1. Washing hands

Correct way to wash hands.



Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

2. “Coughing manners”

Three “coughing manners”



• Observe the manners on a train, at work, school or wherever people gather.

Correct way to wear a mask.



If you have concerns about COVID-19 infection

1 Call your primary care doctor or the Ishikawa prefecture consulting center for fever patients

Consulting Center for Fever Patients
0120-540-004 (operate 24hrs)

2 Follow instructions from your primary care doctor or the consulting center, then visit a doctor if necessary

3 Please inform Crisis Management (extension : 1041・1042, kikikanri@ml.jaist.ac.jp) about instructions from your primary care doctor/the consulting center and results from the doctors visit

**If you have any concerns, do not hesitate to contact
your primary care doctor or
Ishikawa prefecture consulting center for fever patients !!**

Crisis Management

5 situations that increase risk of infection

①

Social gatherings with eating and drinking

- Under the influence of alcohol, your attention decreases. Your hearing also gets dull which causes you to speak loudly.
- The risk of infection increases especially when you stay in a small enclosed room with a large number of people for long time.
- Drinking from the same glass or sharing cutlery increases the infection risk.



5 situations that increase risk of infection

②

Eating & drinking with a large number of people for long time

- Eating and drinking in a group for long time, at night clubs, or barhopping increase the infection risk compare to eating and drinking for short time.
- A group with over 5 people increases chance of droplet infection due to loud speaking



5 situations that increase risk of infection

3

Conversation without mask

- Conversation without wearing a mask in close distance will increase risk of droplet infection and micro droplet infection.
- The spread of infections caused by not wearing a mask such as at day-time karaoke are reported
- A caution is also warranted when transporting on a bus and car.



5 situations that increase risk of infection

④

Cooperative living in tight space

- Cooperative livings in tight space increase the infection risk by sharing a small area for long time.
- The spread of infection caused by the use of common areas such as dorm rooms and bathrooms are reported.



5 situations that increase risk of infection

5

Switching Places

- When you switch places, such as when you take a break at work, the risk of infection may increase due to relaxation or a change in environment.
- The spread of infections are also suspected to occur in break rooms, smoking areas, and dress rooms.



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Crisis Management

To protect yourself...

- Wash your hands with an alcohol-based hand sanitizer.
- Wear a mask
- Stay away from crowds

Please keep in mind that these precautionous actions can prevent the spread of infection.

In addition, elderly and those with underlying medical conditions may be at greater risk of serious illness and should take greater precautions.

If you have any questions, please contact : kikikanri@ml.jaist.ac.jp