

年末・年始の感染対策

感染から身を守り、他人に感染させない！

帰省・旅行等

1. 帰省や旅行は「密」回避のため
時期・時間帯をずらす
2. 症状を感じたら、**10日間経過し、
症状がなくなって3日経過するまで
帰省・旅行を延期**
 - 帰省する時は**14日前から**感染対策を徹底
 - 高齢者や持病のある重症化リスクの高い人と
会うときには体調管理をより厳重に
 - 帰省中に発症したらなるべく個室で過ごして、
帰省先での感染拡大を防止
3. 移動する際の**車、バス、電車の
車中**でも注意が必要
 - 密を避けてマスクを常時着用
 - 飲食もできるだけ避ける

クリスマス・初詣等

1. 多数の人が集まる季節の行事
では、特に**基本的な感染防止対
策を徹底**
 - ソーシャルディスタンスは**1メートル以上**
 - 会話をするときは**マスク**をつけ**15分以内**に
 - まめに**手洗い、消毒**を徹底
2. **誰とどこで会ったかメモ**をつけ、
接触確認アプリも活用

忘年会・新年会等

1. 飲食を伴う懇親会、大人数
(**5人以上**) や長時間の飲食を
控える
 - なるべく普段一緒にいる人と
 - 席の配置は斜め向かいに
 - 食事は**静かに**
 - **マスク**をつけて会話する
2. **換気が十分にできているか確認**
 - カラオケ・ライブハウスなど飛沫・エアロゾル感
染が起きやすい狭い空間での活動は控える

← ↑ →
体調不良なら参加しない



～ どんな場面でも基本的な感染症対策を忘れずに ～ 思いやりと支え合いの気持ちを持って

- 水と石けんによる手洗いの徹底、手指の消毒
- 「3つの密（密閉空間、密集場所、密接場面）」を避ける
- マスクの着用
- 施設の適切な換気と保湿
- 対人距離（1メートル以上）の確保
- 体調不良時は、まずはかかりつけ医に相談
- 緊急連絡先の確認

Measures to Combat the Coronavirus during the New Year Period

Protect yourself and others from becoming infected!

Returning home, traveling, etc.

1. Try to **stagger your journeys** home or elsewhere to avoid the "3 C's"
2. If you have symptoms, postpone any travel for **at least 10 days**, and then wait for another **3 days** after the symptoms have disappeared
 - Take thorough measures to prevent infections for **14 days** before returning home
 - Take special care when meeting people who are elderly or who have a chronic illness which could be aggravated
 - If you develop an illness while returning home, spend as much time as possible separate from other people to prevent the spread of infection at your destination
3. **Be careful when traveling in cars, trains, and buses**
 - Always wear a mask to help avoid the "3 C's"
 - Avoid eating and drinking as much as possible

Christmas, first shrine visits of the New Year, etc.

1. Be sure to thoroughly implement **basic measures to prevent infections**, especially at seasonal events where a large number of people are likely to gather
 - Observe social distancing (of over 1 meter)
 - When talking, **wear a mask** and don't talk for more than 15 minutes
 - **Wash** and thoroughly disinfect your hands
2. **Make a note of who you meet and where you meet them, and use a contact confirmation app**

Year-end parties, New Year's parties, etc.

1. With regard to social gatherings, refrain from eating and drinking for long periods with a large number of people (**5 or more**)
 - Only eat and drink with people you are usually in contact with
 - Arrange seats so that they are not directly across from one another
 - Eat **quietly**
 - Wear a **mask** while talking
2. **Check for sufficient ventilation**
 - Refrain from going to closed areas such as **karaoke establishments** and bars with live music, as the virus is airborne.


Please don't attend gatherings if you're not feeling well

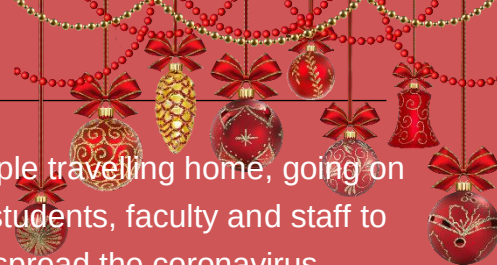


Let's be considerate and support each other by keeping in mind basic measures to combat the spread of disease

- Wash your hands thoroughly with soap and water and use disinfectant
- Wear a mask
- Maintain a distance from others (of over 1 meter)
- Avoid the "three C's" (closed spaces, crowded places, and close-contact situations)
- Confirm your emergency contact information
- Ensure proper ventilation and humidity control in buildings
- If you feel unwell, consult your family doctor

Stay Safe This Holiday Season

The Christmas and New Year break usually sees large groups of people travelling home, going on vacation and gathering for parties. This year, the university urges all students, faculty and staff to be extra vigilant and to refrain from activities that might inadvertently spread the coronavirus. Because the year may be over, but the threat of the pandemic is not.



If you are travelling or returning home:

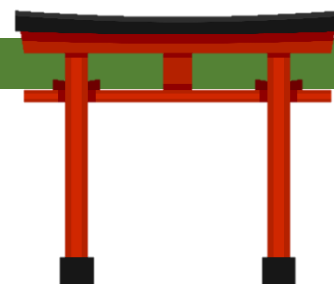


- Try to avoid popular travel dates.
- Take extra precautions for 14 days before travelling.
- If you are unwell, postpone all travel plans for at least 10 days. This includes plans to return to Sendai.
- Avoid talking, eating and drinking when travelling in cars, trains and buses due to the confined space.
- Take special care when meeting vulnerable people such as the elderly or those with underlying health conditions.
- Make a note of where you go and who you meet in case contact tracing is necessary.



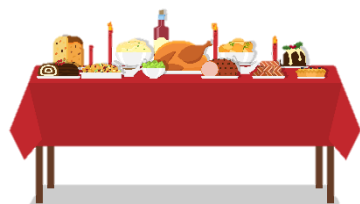
On your first shrine visit of the new year:

- Avoid popular times and shrines that usually attract large crowds.
- Maintain physical distance (of at least 1 meter) from other people.
- Always wear a mask, practice good hygiene.



If you're attending a Christmas or New Year party:

- Please reconsider. The university would prefer that all students, faculty and staff avoid large social gatherings, especially where there's eating, drinking and singing involved.
- Only eat and drink with people you know to be safe. Keep maskless conversations to a minimum.
- Arrange seats so that people are not directly facing each other.
- Check that the room is sufficiently ventilated.



In all situations, please wear a mask, wash your hands frequently and thoroughly, use disinfectant, keep a physical distance of at least 1 meter from other people and avoid the 3Cs (closed spaces, crowded environments and close-contact settings.)

Let's be careful and responsible over the next few weeks so that we can start 2021 safe and healthy.

HAPPY
holidays