

November 20, 2020

Dear Students,

## Thorough measures to prevent new coronavirus infection

First of all, we would like to thank you for your long-term cooperation for the measures to prevent new coronavirus infection.

The number of confirmed cases has been increasing nationwide since October, and this trend has been getting stronger since November. On November 19, the Tokyo Metropolitan Government raised the alert level to the most serious "the infection is spreading". We are receiving reports that our students have been confirmed to be infected, clusters have occurred in club activities and it has also been confirmed that the infection has spread due to social gatherings.

In the coming season, the virus will become active when the temperature and the humidity of the air drop. It is also the time when the number of events increases during the year-end and New Year holidays.

It is extremely important that you act on the basis of accurate information and scientific evidence without being confused by false information, perceptions or uncertain information. We strongly encourage you to take the measures that are explained below to protect yourself from infection and also prevent infection to others.

### 1. To prevent infectious diseases

To prevent infectious diseases, it is effective to maintain a balance of four elements; exercise, diet, rest and sleep, in your daily life. Please also take thorough measures such as securing social distances, wearing a facial mask, washing your hands and avoiding "3c's". Please also refer to this page "Regarding the Novel Coronavirus (COVID-19)".

### 2. 5 situations that increase the risk of infection

Ministry of Health, Labour and Welfare(MHLW) announced the "5 situations that increase the risk of infection" such as "social gatherings with drinking alcohol", "long feasts in large groups", "conversation without a mask", "living together in a small limited space" and "switching locations".

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708\\_00079.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html)

Please refrain from participating in events, parties etc., where there is a possibility that an unspecified number of people will be crowded and make a loud voice. When attending an event, be sure to follow basic infection prevention measures. Consider new ways to enjoy yourself, such as attending an online event.

Waseda University strictly prohibits social gatherings, parties etc. or those arranged voluntarily by club/circle or club/circle members. We expect your responsible behavior to avoid any risk of infection.

👉 [Phased resumption of extracurricular activities \(Dean of Student Affairs\)](#)

\*English version follows Japanese

### **3. Respect for human rights and protection of personal information of infected person and related parties**

Please take this as an opportunity to think about why discrimination based on misunderstanding and prejudices against infected people, those who have closed contact with infected people, and their families etc. should not be done. It has also been pointed out that if people start to blame infected people, it may lead to delays in seeing a doctor at a medical institution or to hide the infection when the person is in poor physical condition, resulting in the spread of the infection in the area.

☞ [Three faces of COVID-19 we must be alert to –A guide to breaking the negative spiral](#)

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