

Dear Students,

Through 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 (COVID-19) infection.

Japan is now experiencing new surges in COVID-19 infections and Tokyo is assessed at stage 4 the most serious level in several categories set by the central government's expert panel dealing with the pandemic. The more infectious variant strains of the COVID-19 are a new source of concern. We are receiving reports that our students have been confirmed to be infected, and it has also been confirmed that the infection has spread due to off-campus activities and social gatherings.

If you are diagnosed with COVID-19 diseases or confirmed as close contact person,

•Follow the instructions given by the public health center.

•Inform the office of school you belong to as soon as possible.

If you are absent from class, please follow the instructions of the school responsible for the class.

It is extremely important that you act on the basis of accurate information and scientific evidence, since the proportion of young people in the severely ill is high among those infected with variant strains of the COVID-19. 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://corona.go.jp/prevention/pdf/en.5situations.pdf>

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 voluntary by club/circle or club/circle members. We expect your responsible behavior to avoid any risk of infection.

👉 [Restrictions on 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 leads 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.

☞ [新型コロナウイルス感染症に関する差別・偏見の防止に向けて\(文科省\)](#) (in Japanese)

Three faces of COVID-19 we must be alert to –A guide to breaking the negative spiral-

http://www.jrc.or.jp/english/jrc_news/200416_006156.html

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