

**【Important】 Please Continue Measures Against COVID-19**

Based on the recent fact that the government and Saitama Prefecture have lifted the state of emergency, students are partially allowed to enter the university after June 8, 2020 (<http://en.saitama-u.ac.jp/news/response-to-covid-19-may-27-2020/> ). Besides, various social activities are being resumed. However, it remains unchanged that we should reduce mutual intake of new coronavirus as much as possible. Please refer the following illustrations (these, and Chinese versions, appear in <https://www.kantei.go.jp/jp/headline/kansensho/coronavirus.html> ) and never be careless!

**! 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.

**1** After thoroughly wetting your hands with running water, apply soap and rub the palms well.

**2** Rub the back of your hands up and down.

**3** Thoroughly rub the fingertips and nails.

**4** Wash between your fingers.

**5** Twist and wash your thumbs with the palms of your hands.

**6** Don't forget to clean your wrists.

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.

**Incorrect:** Coughing or sneezing without shielding your mouth or nose. Using your hands to cover coughs or sneezing.

**Correct:** Wear a mask. (covering mouth and nose). Cover your mouth or nose with a tissue/handkerchief. Cough or sneeze into your sleeve.

**Correct way to wear a mask.**

**1** Ensure both your nose and mouth are covered.

**2** Place the rubber string over your ears.

**3** Cover up to your nose so there are no gaps.

首相官邸 Prime Minister's Office of Japan  
厚生労働省 Ministry of Health, Labour and Welfare

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# Stop the spread of COVID-19

## Avoid **Closed spaces, Crowded places,** and **Close-contact settings!**

• Even in open spaces, be mindful of other Cs, We should aim for "Zero C."

**Make enough space**  
with others.



**Open doors and windows.**  
**Ventilate frequently.**



**Avoid exercise with**  
**many people even outdoors.**  
Walking or running in a  
small group is fine.



**Make space in restaurants.**

- Avoid dining in a large group
- Leave one empty seat between you
- Sit diagonally across the table



**Wear a mask**  
when talking.



**Refrain from talking** inside  
the train or elevator.

