

APU Students:

### **Guidelines for Students During the 2<sup>nd</sup> Quarter of Spring Semester**

This week marks the start of the 2<sup>nd</sup> Quarter of Spring Semester. We hope that Quarter Break provided you with a chance to relax. It can be difficult to keep up with the fluctuating temperatures that accompany rainy season in Japan. Please pay extra attention to your health during this period.

Japan is currently seeing an increase in infections from coronavirus variants and the Japanese government has declared a state of emergency in 10 prefectures.

Additionally, in light of the uptick in infections, APU has raised its BCP (Business Continuity Plan) Activity Level from 2 to 3 and all face-to-face on-campus extracurricular activities have been temporarily suspended until June 20.

Students are asked to continue to observe the basics of infection prevention by closely monitoring your health and hygiene (wear a mask, frequently wash your hands, and avoid the Three Cs) and to strictly observe the following guidelines. One person's actions have the power to impact the health and safety of many. Please keep this in mind and play your part in keeping yourself and others safe,

#### **1. Self-quarantine for the 2-week period after returning from travel outside Oita Prefecture.**

- If travel outside the prefecture is unavoidable, self-quarantine for a 2-week period after you return. Do not break quarantine to meet your friends for dinner or participate in club/circle activities.
- Please take hybrid classes online from home during the 2-week self-quarantine period.

#### **2. Cancel or postpone any scheduled parties, dinners, karaoke, or other social gatherings.**

- Parties, dinner gatherings, and karaoke attended by multiple people are all considered to be activities that put participants at significant risk for exposure to the virus. Please cancel or postpone any existing plans.
- While the risk for infection remains high, refrain from going to friends' homes and do not invite friends to yours. Additionally, abstain from going on drives with multiple people in the vehicle at the same time.

#### **3. Have the courage to say "no" when you're not feeling well.**

- Have the courage to turn down plans with friends or call in sick from your part-time job if you feel the slightest bit unwell and notice symptoms of fatigue, headache, sore throat, or a fever.
- If you feel ill, please take your hybrid classes online from home. For in-person classes, please contact the instructor to inform them that you feel ill and follow their instructions.

#### **4. Direct concerns to the following offices.**

- Health concerns: APU Health Clinic Email : [booking@apu.ac.jp](mailto:booking@apu.ac.jp)
- Contact either the Counseling Room or Student Office if you have concerns but aren't sure where to direct them.

APU Counseling Room Email: [counseli@apu.ac.jp](mailto:counseli@apu.ac.jp)

APU Student Office Email: [apustu1@apu.ac.jp](mailto:apustu1@apu.ac.jp)