

January 18, 2021

Updated February 12, 2021

To all students:

Points of Caution for Spring Break
Aiming to Resume Activities on APU's Multicultural Campus in Spring 2021

As of January 18, the government of Japan has declared a state of emergency covering 11 prefectures until February 7 (Note: The duration of the state of emergency for 10 prefectures has been extended until March 7). Oita Prefecture is not currently subject to the declaration, but COVID-19 cases continue to rise throughout the 11 prefectures in question as well as the rest of Japan, so the situation remains unpredictable.

Recent cases of infection involving university students are typified by students traveling to and from high-risk areas, attending house parties, meeting friends for dinner at restaurants, or failing to take adequate infection prevention measures during club activities. Unfortunately, there are also cases where students have decided to go out even though they displayed cold symptoms or other signs of possible infection.

Please be mindful of your actions to ensure that you do not become a source of infection. Keep an eye on the ever-changing situation and check the homepages of the national government, Oita Prefecture, and/or the local municipality where you live for detailed information. APU will also post important information on its homepage and the Campus Terminal. Be sure to regularly check for updates for the rest of the fall semester and during the break (February and March) as well.

Classes for the 2021 spring semester are scheduled to begin on Monday, April 12. We plan to hold the majority of classes as blended classes that utilize both in-person (classroom) and online (Zoom) class formats. To help prevent infection after classes begin, we are asking all students who plan to visit home during spring break to return to Beppu no later than March 24, two weeks before the start of classes. For those two weeks, we ask that you stay home, refrain from meeting friends for dinner or other activities, and monitor your health (i.e., take your temperature every morning and evening).

Everyone's cooperation is needed to ensure that we can resume activities on APU's multicultural campus in the spring.

◆◆◆◆◆◆◆◆◆◆ ***Points of Caution for Spring Break*** ◆◆◆◆◆◆◆◆◆◆

1. Use your judgement about travelling to high-risk areas

We understand that many students plan to leave Beppu during spring break. Please use your judgement about visiting high risk areas and consider postponing or cancelling your

plans.

2. Cancel or postpone drinking sessions, house parties, and visits to karaoke boxes

Looking at infections among university students around Japan, your risk of infection increases significantly when you attend dinners and parties or go to karaoke with multiple people for long periods of time. Please cancel or postpone any house parties and meetups or drives with friends you have planned before and during break.

3. If you're feeling unwell, make the right choice and restrict your activities

If you develop cold-like symptoms or a fever or are otherwise feeling unwell, make the right choice and stay home even if you made promises with your friends or are supposed to work. Now is the time to take action that ensures you and those around you do not get infected.

4. Washing and disinfecting your hands is the key to prevention

To prevent spreading the virus from your hands to the mucus membranes of your eyes, nose, and mouth, be sure to wash and disinfect your hands. In the very least, wash your hands before you eat, after you return home, and after you use the bathroom. Make sure you wash your hands thoroughly with soap for 30 seconds.

5. Be sure to wear a mask

Research shows that wearing a mask helps to effectively prevent infection. If you have a conversation with someone in close quarters without wearing a mask, your risk of droplet transmission increases. Be sure to always wear a mask when you are on campus, use the communal spaces at AP House, and go out.

6. Be mindful of people's human rights

We are in a situation where anyone can catch COVID-19. Human rights violations, such as slander, defamation, or discrimination of infected persons, close contacts, and their family members stemming from misunderstandings or prejudices, can never be tolerated.

7. If you get infected or become a close contact

If you get infected or become a close contact of someone who has, please follow the institutions provided by the public health center and/or medical institution.

Also, make sure you notify the APU Health Clinic by email (booking@apu.ac.jp). Anyone can get infected. Under no circumstances will reporting your infection to the university lead to unfair treatment. Reporting your status to the university will allow us to take prompt action to prevent the spread of infection. Thank you in advance for your cooperation.

8. If you develop a fever or other symptoms and think you might be infected

If you think you might be infected, contact us as outlined below and follow the instructions provided.

<p>○Weekdays during business hours (09:00 – 17:30)</p>	<p>1) Email the APU Health Clinic to discuss your symptoms. If you have a mobile phone, please include the number in your email. 2) The Health Clinic will contact you to ask you some questions. If necessary, the Health Clinic may refer you to a hospital or contact the public health center. Please follow the instructions provided.</p>
<p>○Weekday evenings ○ Weekends and holidays</p>	<p>1) If you live in AP House, contact the Security Office in your building and follow the instructions provided. 2) If you live in Beppu, please call the Oita Prefecture Coronavirus Consultation Center (Oita Ken Jushin Sodan Center). 3) If you live elsewhere, call the nearest Consultation Center. 4) Please email the results of your consultation to APU Health Clinic.</p>
<p>* If you have a primary care physician because you have an underlying condition, please contact them first.</p> <p style="text-align: center;">= = = = = Inquiries = = = = =</p> <ul style="list-style-type: none"> ● APU Health Clinic email address: booking@apu.ac.jp ● Oita Prefecture Eastern Public Health Center (the health center with jurisdiction over APU) Tel.: 0977-22-2511 ● Oita Prefecture Coronavirus Consultation Center Tel.: 097-506-2755 (24 hours) ● Medical Assistance Service for International Students Tel.: 03-3811-8124 (Provides hospital referrals and interpreting during hospital visits. Available languages: Japanese, English, Chinese, Korean, Thai, Indonesian, Vietnamese, Tagalog, Nepali, Malay, Myanmar, Khmer, Portuguese, Spanish, French, German, Italian, and Russian) 	

9. Prepare yourself for the possibility of infection by downloading the Ministry of Health, Labour and Welfare's contact tracing app.

App Store: <https://apps.apple.com/jp/app/id1516764458>

Google Play: <https://play.google.com/store/apps/details?id=jp.go.mhlw.covid19radar>

10. Related Sites

(1) Oita Prefecture and Beppu City

1) [Oita Prefecture announcements about the novel coronavirus \(COVID-19\)](#)

2) [Beppu City Cultural and International Affairs Division Facebook page](#)

(2) [Ministry of Health, Labour and Welfare COVID-19 Multilingual Guide](#)

(3) [Immigration Services Agency, Information related to the novel coronavirus \(COVID-19\)](#)

(4) [Council of Local Authorities for International Relations Tabunka Kyosei portal site](#)

(5) [AMDA International Medical Information Center Facebook page](#)

(6) Foreign homepages in English

1) [WHO](#)

- 2) [WHO Ethics and COVID-19](#)
- 3) [U.S. Center for Disease Control and Prevention](#)
- 4) [European Center for Disease Prevention and Control](#)