

APU Students:

**Coronavirus infections are on the rise.**

**Exercise extreme caution by strictly adhering to infection prevention measures.**

Ten APU students have tested positive for the novel coronavirus since the first case was reported on Tuesday, July 29. There is growing concern that this could be the beginning of a rapid increase in infections, some that can be clearly traced to eating and drinking with friends to celebrate the end of the semester, as well as an increase in cases where the source of infection is unknown.

Japan is currently seeing an increase in infections caused by the highly contagious Delta variant as the number of confirmed Delta variant cases here in Oita Prefecture continue to rise.

Although you may have plans for summer break - returning home, travel, part-time jobs, and club/circle activities – please avoid travel to coronavirus hotspots such as areas in which the Japanese government has declared a state of emergency and prefectures with quasi-emergency measures in place.

It is important to realize that this increase in infections has the potential to affect you personally. We are up against a situation where it is possible for anyone to be infected at any place and any time. Please exercise extreme caution by strictly adhering to infection prevention measures.

Students living in AP House should also refrain from behavior that would increase their risk of exposure to the virus such as hanging out and eating and drinking in other resident's rooms.

Students are asked to continue to observe the basics of infection prevention by closely monitoring your health and hygiene (wear a mask, refrain from holding social gatherings such as dinners and parties, and avoid the Three Cs) and to strictly abide by the following guidelines.

**1. Avoid activities that have the potential to contribute to the spread of COVID-19 and abstain from travel to known infection hotspots.**

- Avoid social gatherings with friends (dinners, parties, etc.) and other activities that could contribute to the spread of COVID-19.
- Cancel or postpone travel plans to popular sightseeing spots or big cities.
- Refrain from holding gatherings involving food, going to karaoke, and drives with friends or family visiting from other prefectures.

**2. Pay special attention and 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 unwell, do not leave your home and call a hospital or medical center to consult about your symptoms before going to get checked.
- Students with health concerns may contact the APU Health Clinic ([booking@apu.ac.jp](mailto:booking@apu.ac.jp)) during weekday business hours. (Open Monday~Friday from 9:00~17:30)
- Please contact one of the following places for assistance with health concerns at night and on weekends and national holidays.

—Medical Assistant Service (international students only): 03-3811-8124 (assistance available 24 hours a day,

English available)

—Oita Medical Consultation Center: 097-506-2755 (assistance available 24 hours a day, English available)

—Beppu City Fever Triage Center: 080-4315-2279 (Sundays and national holidays only, 9:00-12:30, Japanese only)

**3. Contact the APU Health Center if you test positive or if you are a close contact of someone who has tested positive.**

Students who test positive for COVID-19 or who are close contacts of someone who has tested positive should promptly inform the APU Health Center to prevent the virus from spreading any further. Please self-report. Your identity will be protected.

APU Health Center: [booking@apu.ac.jp](mailto:booking@apu.ac.jp)

**4. Free testing for people without coronavirus symptoms:**

- Beppu City will offer free PCR and antigen tests until August 31 at the following location.

—Location: Beppu City PCR Testing Center (1-53 Yamanote, Beppu City)

—Hours: 10:00-19:00

※Bring your student ID card or resident card to show you live in Beppu or go to APU.

- Oita Prefecture gives free antigen tests at the location below.

—Location: In front of Oita Station (near the bus stop)

—Hours: 9:00-19:30

※Bring your student ID card or residence card to show you live in Oita Prefecture or go to APU.

**5. If you have any concerns, please concerns to the APU Health Clinic.**

APU Health Clinic → Email : [booking@apu.ac.jp](mailto:booking@apu.ac.jp)