

August 20, 2021

APU students:

COVID-19 infections continue to surge nationwide.

Avoid travel to prefectures where a state of emergency has been declared and those with quasi-emergency measures in place.

The Japanese government has expanded the state of emergency for Tokyo, Saitama, Chiba, Kanagawa, Osaka, and Okinawa prefectures to include Fukuoka, Kyoto, Hyogo, Shizuoka, Ibaraki, Tochigi, and Gunma prefectures as the number of COVID-19 infections continue to surge nationwide. Quasi-emergency measures are currently in place for 16 prefectures including Hokkaido, Kyoto, Hyogo, Fukuoka, Shiga, Okayama, Hiroshima, Kagawa, Ehime, Kagoshima, and Kumamoto. The severity of the situation in Oita Prefecture has resulted in an increase from stage 2 to stage 3 and all residents are asked to refrain from traveling outside the prefecture, limit interaction with others by reducing the number of daily outings by half, and continue to take the utmost care to avoid infection.

There have been a number of APU students who have recently contracted the virus. Reports of infection among APU students are close to 30 as of Tuesday, August 18 sparking concern of a rapid outbreak for which we must be on the highest alert.

Japan is facing a surge in highly infectious variants like the Delta variant which is known as being more contagious than previous variants making it possible for one infected person to transmit the virus to multiple people and also appears to render people as young as in their 20's severely ill.

Students who have returned to their hometown in prefectures that are infection hotspots and those who are traveling back and forth for internships during summer break must take the necessary precautions to avoid contracting the virus and transmitting it to others. When you return to Beppu, please get tested at either the free PCR test center here in Beppu or at a facility in another city.

Students working part-time this summer are sure to come into contact with a large number of people. Please follow the infection prevention guidelines at your workplace and take it upon yourself to get tested regularly either at the free PCR test center in Beppu or at a testing facility in the city where you work.

Sports clubs/circles must be sure that infection prevention measures are in place during practices and games. Communicate with the league that you belong to in order to ensure that the health and safety of all the university teams that belong to the league are being adequately prioritized.

Please refrain from travel to infection hotspots such as prefectures in which a state of emergency has been declared and those with quasi-emergency measures in places. AP House has many common areas used by all residents. Students living in AP House should wear masks when using these common

areas. AP House residents who have traveled should self-isolate upon returning to the dormitory and get tested at the free PCR testing center in Beppu.

If you test positive for COVID-19 or become a contact or close contact of someone who has tested positive, the public health center will ask you some questions. Please answer honestly to prevent the virus from spreading any further and don't forget to inform APU of your status. Rest assured that your identity will be kept confidential.

Observe the basics of infection prevention (wear a mask, refrain from holding social gatherings such as dinners or parties, maintain social distance, and avoid the Three Cs) and abide by the following guidelines to stay healthy during the summer break.

Vaccinations booking in APU will be available for reservation from Monday, August 23, please check the APU website and Campus Terminal.

1. Avoid activities that could cause the virus to spread and avoid travel to infection hotspots.

- Avoid activities that could result in spreading infection, such as drinking parties or meals with friends, even in small groups.
- Choose to err on the side of caution. Consider canceling or postponing 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 to your condition and limit your activities when you are 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 home. Call a hospital or medical center to consult about your symptoms before going to get checked.
- If you are not feeling well, consult with the APU Health Clinic during weekday business hours (9:00~17:30).

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

- Please contact one of the following places for assistance at night.
  - 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. Be sure to contact the APU Health Clinic.

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

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### 4. Club/Circle Activities

Members of clubs/circles should be just as diligent about taking measures to prevent infection in their everyday lives as they are during club/circle activities. Although club/circle members are required to monitor their health by filling in a health check sheet, take a moment to assess whether your measures are adequate and consider using the free PCR test center below to ensure that members are negative prior to participating in club/circle activities. If you plan on traveling to a place that is in a state of emergency, check the situation with the host organization beforehand and put the health and safety of group members first when deciding what to do.

### 5. Institutions offering free PCR and antigen tests for people without COVID-19 symptoms

- Beppu City will offer free PCR and antigen tests until August 31. Tests are limited to 150 people a day. You cannot use this Center if you are a contact or close contact of someone who has tested positive.

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 offers free antigen tests.

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.

### 6 . About Vaccinations

Vaccinations booking in APU will begin on Monday, August 23, please check the APU website and the Campus Terminal.

For those who have vaccination coupons sent by Beppu City, booking will begin on Monday, August 23 for all ages who are eligible for vaccination.

### 7 . Contact the APU Health Clinic if you have any other health concerns.

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