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To Gifu University students

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Gifu University Policy on Class Operation and Infection Prevention Measures

On Friday, June 18, 2021, the Gifu Prefectural Government issued the “4th Wave State of Emergency Measures.” In line with these measures, Gifu University makes the following changes with regard to the students’ extracurricular activities.

As we are asked to stay vigilant by the prefectural government, please continue to take every precaution to avoid infections.

First and foremost, please take basic infection preventive measures (wear face masks, sanitize hands, avoid “3C” settings and monitor individual physical conditions). By taking these basic measures, we can also avoid mutant strain infections

- **Wear face masks whenever necessary (mouth shields are not proved effective against infections)!**
- **Wash hands carefully and frequently, sanitize hands and fingers!**
- **Keep distance from others (“social distancing”; keep at least one meter distance, preferably two meters distance)!**
- **Avoid the “3C” settings (closed spaces, crowded places and close contact setting). You are asked to avoid the situations that may form even one single “C” setting!**
- **Stop all scheduled activities for the day (i.e. not work or study at campus) if you develop a fever. Confirm the state of health of people around including staff of your workplace, school and family members!**
- **Take precautions against heat strokes and Covid infections (stop heavy exercise while putting on face masks, and avoid dehydration. Enough ventilation is necessary even when air conditions are on)!**
- **Get prepared against Covid infections at evacuation shelters by yourself in time of natural disasters such as flooding (prepare face masks, disinfectants and clinical thermometers, etc.)!**

Violation of any of these rules above could lead to wider infections among people. Also, since

vaccinations do not guarantee that you could avoid infections 100%, please do not let your guard down and take every basic precaution as instructed above!

(Extract from “4th Wave State of Emergency Measures” issued by Gifu Prefectural Government on June 18, 2021.)

Please take heed of the following instructions as well.

- Whenever you need to go out, give enough thoughts to the necessity and safety of your outings, select time and space with fewer people’s turnout.
- Think twice before going back to your hometowns or travelling. Among others, avoid non-essential visits to places under the “Stricter COVID-19 Measures” and the “State of Emergency Declaration” including Aichi Prefecture.
- Avoid having meals in large groups at home, dining establishments, etc. and shorten the time of eating as much as possible. Do not drink heavily, do not speak loudly and wear face masks whenever you converse with others. Do not lower your guard against infections even when you are with your family or close friends, etc.
- Refrain from holding BBQ parties in large numbers even they are held outdoors. These informal gatherings could induce long-hour and heavy drinking.
- Avoid going to dining or drinking establishments where no proper infection prevention measures are in place.
- In karaoke bars, sing songs with a face mask on because singing can cause droplets to travel further. If you cannot observe this rule, refrain from going to karaoke bars.

The “Stricter COVID-19 Measures” imposed in Gifu Prefecture was lifted on Sunday, June 20, 2021. Accordingly, changes were made for the university students’ extracurricular activities. However, please continue to stay on high alert and make every effort to prevent infections.