

July 22, 2020

To Gifu University students

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RE: Wearing Face Masks and Hand Disinfection

I would like to express my appreciation to all concerned for their continued cooperation and support toward Gifu University's commitment to containing COVID-19 infections.

With a possible second wave of COVID-19 infection looming, let me remind you of the university's requests for wearing face masks and hand disinfection to keep the virus at bay on campus. Also, please refer to the Ministry of Health, Labor and Welfare flyers regarding hand washing, cough etiquette, and how to wear masks.

<Wearing Face Masks>

- Please wear masks during commuting to and from the university, and on campus. However, if you can observe social-distancing (at least 2 meters apart from others) outdoors, you may pull a mask off.
- To avoid heat stroke, please refrain from engaging in hard physical work or workout with a mask on. Even if you do not feel thirsty, please drink enough water against dehydration. If you need to work or exercise with a mask on, please pull a mask off and take a break regularly in places where you can keep enough distance from others.

<Hand Disinfection>

- Please disinfect your hands with hand sanitizers, or wash your hands with soap and water when you return home, cooking and before meals, etc.
- While on campus, please sanitize your hands with alcohol disinfectant or wash your hands with soap and water in the bathrooms frequently.

Please cooperate in measures against infectious diseases.

! Washing hands

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **“coughing manners” including wearing a mask.**

As you touch many objects like door knobs and the straps on trains it is possible that the virus is present on them.

Frequently wash your hands, upon returning home, before and after cooking and before meals.

Washing hands

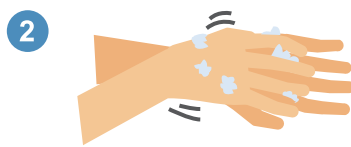
Correct way to wash hands.

Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.



1 After thoroughly wetting your hands with running water, apply soap and rub the palms well.



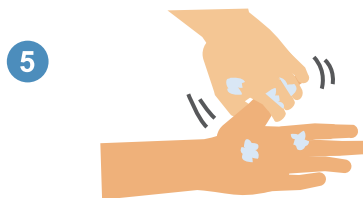
2 Rub the back of your hands up and down.



3 Thoroughly rub the fingertips and nails.



4 Wash between your fingers.



5 Twist and wash your thumbs with the palms of your hands.



6 Don't forget to clean your wrists.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.



Ministry of Health, Labour and Welfare

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Please cooperate in measures against infectious diseases.

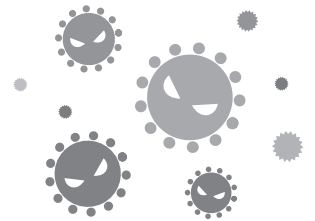
! “Coughing manners”

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **“coughing manners” including wearing a mask.**

■ In order not to transmit viruses to others.

It is possible that the droplets ejected when you cough or sneeze may contain viruses. Please observe the following “coughing manners”.

- **Wear a mask.**
- **Cover your mouth and nose with a tissue etc.**
- **If you suddenly sneeze or cough do so into your elbow or inside your jacket.**
- **Keep as far away as possible from other people.**



“Coughing manners”

Three “coughing manners”

- Observe the manners on a train, at work, school or wherever people gather.



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

Correct way to wear a mask.



1 Ensure both your nose and mouth are covered.

2 Place the rubber string over your ears.

3 Cover up to your nose so there are no gaps.

首相官邸
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