

To Gifu University Students

The 2019 Novel Coronavirus (2019-nCoV) transmit person-to-person through droplets and contact. Follow the below-mentioned recommendations to safeguard your health and the health of others.

When you have

**“cold symptoms or a fever of 37.5°C or over for 4 days or more” or
“strong feeling of weariness (fatigue) or difficulty breathing (dyspnea)”**,

Inform to

- ☑ Health Administration Center, Gifu University
(Weekdays 8:30 am - 5:00 pm, Tel: 058-293-2174)
- ☑ Gifu City Public Health Center (Tel: 058-252-7191)

Then visit and consult a medical institution as instructed.

Report your progress to your department and Health Administration Center, reasonable accommodation will be provided.

○ Self-care for your health

Make sure you eat good valance food and sleep well. If you have symptoms of fever up or cough, stay home and measure body temperature every day until the symptoms improve.

○ Wash hands and “cough etiquette”

Wash your hands frequently and thoroughly with soap and running water. Cover your mouth and nose when coughing and sneezing with a tissue, handkerchief, or the edge of a sleeve (cough etiquette).

○ Avoid Crowded places and voluntarily refrain from attending big event or visiting abroad

Crowded places such as theaters or packed trains can be the scene of transmission; the virus within droplets is carried over a short distance and these droplets can be inhaled through mouths or noses of people around the infected person.

○ Act based on the evidence-based information

Collect appropriate information and understand correctly not to act thoughtless behavior.

Visit the health Administration Center website and follow the updated information.
(http://www.hoken.gifu-u.ac.jp/eng_index.shtml)