

Tokyo University of Marine Science and Technology  
To all students

Ruri Shoji, Vice President (Student Support and Public Relations)

## Precautions Around Winter Break and for Students Considering Family Visits

**Around winter break, students usually feel freer and have more opportunities to travel or go home for the holidays. However, this is also a time when coronavirus infection will be spreading across the country. We ask that you take these precautions to protect yourself and others from infection as you enjoy your winter break.**

**We also ask you to read the following guidelines on preventing infection at the gatherings and family visits that are common this time of year, which are from the government's tips and requests to all citizens in the Novel Coronavirus Infectious Disease Control Subcommittee's recommendations on year-end gatherings, New Year's parties, coming-of-age ceremonies, and other events ([https://corona.go.jp/proposal/pdf/bunkakai\\_20201211.pdf](https://corona.go.jp/proposal/pdf/bunkakai_20201211.pdf), as published on December 11, 2020).**

### 1. Managing your health

During winter break, all students should make an effort to stay healthy and take steps to prevent infection. As much as you can, avoid parties where many people eat or drink together. Carefully review the president's message posted on November 27.

Message from the president to students and faculty members (fifth message)

[75141ca53c78ab7986a06d59c2c815ff.pdf](https://www.kaiyodai.ac.jp/~kaiyodai/75141ca53c78ab7986a06d59c2c815ff.pdf) (kaiyodai.ac.jp)

On being careful to prevent infection at seasonal events

[f20cdd41805bc6a5c4beef3f66d50686.pdf](https://www.kaiyodai.ac.jp/~kaiyodai/f20cdd41805bc6a5c4beef3f66d50686.pdf) (kaiyodai.ac.jp)

Avoiding coronavirus infection from eating together or other social activities

[f9e6aad2f2d0592323c2cef695be0c13.pdf](https://www.kaiyodai.ac.jp/~kaiyodai/f9e6aad2f2d0592323c2cef695be0c13.pdf) (kaiyodai.ac.jp)

#### ① Coronavirus

Contact us as noted below in section 7 if you become infected, or if you are determined to have been in close contact with someone infected.

For reference:

Regarding measures for the prevention of Covid-19 infection when attending classes

[7a2554b39142249ba987d4bdac411506.pdf](https://www.kaiyodai.ac.jp/~kaiyodai/7a2554b39142249ba987d4bdac411506.pdf) (kaiyodai.ac.jp)

Student and university response in matters involving coronavirus infection

[3f3f224722d286303e78bb86c4e2dae8.pdf](https://www.kaiyodai.ac.jp/~kaiyodai/3f3f224722d286303e78bb86c4e2dae8.pdf) (kaiyodai.ac.jp)

#### ② Influenza

If you have symptoms such as a fever of 37.5°C or higher, coughing, sore throat, runny nose, diarrhea, vomiting, or muscle/joint pain, consult a medical institution. Contact us as noted in section 7 if you are diagnosed with the flu.

#### ③ Norovirus

If you experience nausea, vomiting, diarrhea, abdominal pain, and a fever of 37–38°C, consult a medical institution.

### 2. Taking precautions if you have a part-time job

If you have a part-time job, make sure your workplace is careful about keeping you healthy and protecting against infection. When deciding whether to continue working, consider whether the job is truly necessary.

① If you will work part-time, scrupulously guard against infection, as by checking your temperature and keeping your mask on at work.

② Do not work if your job puts you at a high risk of infection—for example, if you cannot avoid the three Cs of closed or crowded places and close-contact settings.

### 3. International students visiting their family overseas

International students temporarily returning to their home country due to unavoidable circumstances must first submit a Temporary Leave Notification (for travel abroad) to the International Student Section, Academic Support and International Division (Shinagawa) or the Student Support Section of the Etchujima Campus Administration Division.

Temporary Leave Notification

<https://www.kaiyodai.ac.jp/student/schoollife/Temporary-return.html>

Note that a two-week quarantine is required from the day after you return to Japan, but for this purpose, you cannot spend the two weeks at a university dormitory. Arrange accommodations for your quarantine in advance.

Also note that all Japanese students are currently prohibited from traveling overseas.

#### **4. Being prepared in case of emergencies**

- ① Registering in the emergency contact system In case of emergencies, messages to check your safety or notify you of important information will be sent by the university to the email address of your mobile phone, which we ask that you register in this system.

Emergency Contact System

[https://www.kaiyodai.ac.jp/student/health/kinkyu\\_renraku.html](https://www.kaiyodai.ac.jp/student/health/kinkyu_renraku.html)

- ② Official temporary website If the official university website cannot be accessed in an emergency, important information will be posted on the official temporary site.

Official Temporary Website of Tokyo University of Marine Science and Technology

<https://sites.google.com/site/kaiyodaijp/>

#### **5. Avoiding becoming involved in criminal activity**

Currently, more students are at risk of unwittingly becoming involved in illegal activities to earn money after being approached by fraudsters or other criminals. If you receive what is claimed to be an offer of part-time employment from social media, email, flyers, or acquaintances, always confirm that the source and offer are legitimate. Be careful never to become involved in criminal activity.

Reminder: Avoid becoming involved in criminal activity

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#### **6. Warning on drinking and drug abuse**

Underage drinking is prohibited by law. Always refuse any offers to be involved in this.

Additionally, never force people to drink against their will. Driving under the influence of alcohol or riding in a vehicle driven by someone who is intoxicated is strictly prohibited.

Substance abuse is physically and mentally dangerous. Possession and use of drugs is prohibited by law, and offenders are subject to severe penalties. Drug use is a serious matter that should not be treated as a casual habit or temporary interest.

#### **7. Emergency contact information**

**If you need urgent assistance when the university is closed (December 29 to January 3), contact the guard station at your campus.**

**Shinagawa Campus (03) 5463-0376**

**Etchujima Campus (03) 5245-7323**