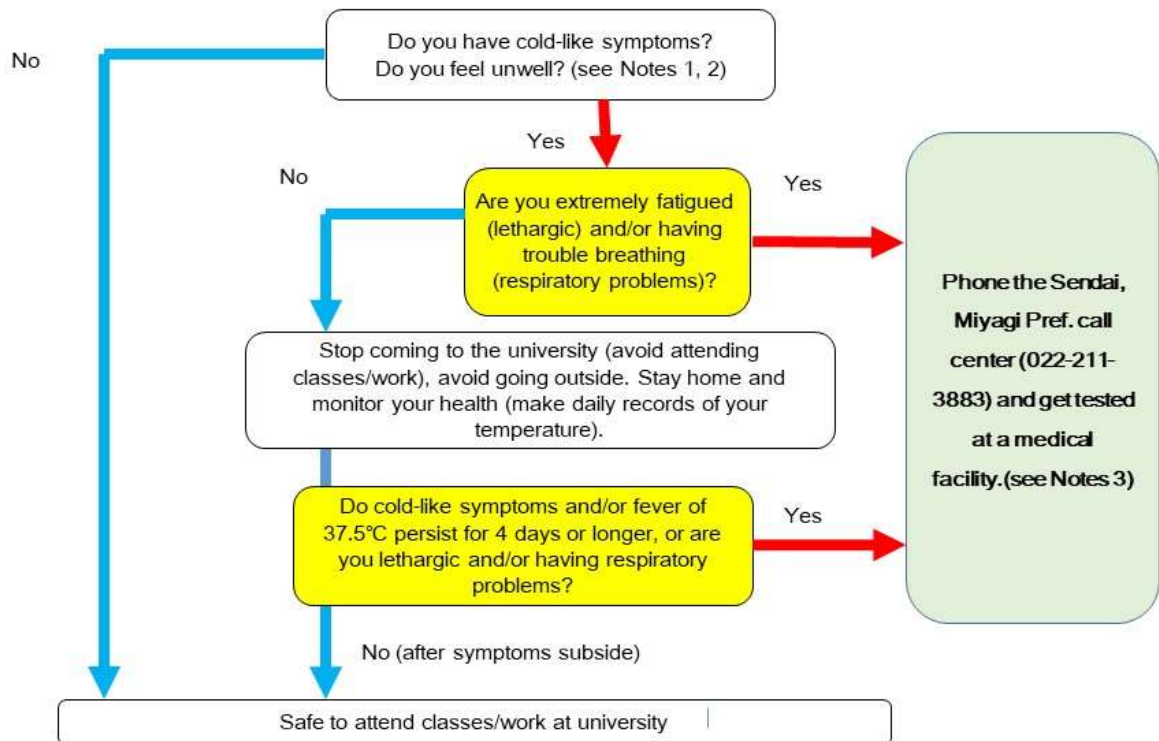


ATTN: Students with cold-like symptoms

Tohoku University requests that those with cold-like symptoms, such as runny nose, sore throat, cough, fever, headache, fatigue, chills etc., please refer to the flowchart below and take appropriate measures. Thank you for your cooperation.

Measures in case of cold-like symptoms



Measures to prevent contracting and spreading illness

- 1) Wash hands thoroughly with soap and water, use alcohol-based hand sanitizer, cover your mouth when coughing, and sufficiently ventilate indoor spaces.
- 2) Get sufficient sleep and nutrition, avoid overwork, reduce alcohol consumption, and avoid smoking.
- 3) Avoid group events and non-essential trips.

Risk factors for severe illness

- Diabetes, heart conditions, respiratory illnesses, renal diseases (includes those on kidney dialysis)
- Advanced age
- Taking immune-suppressing or anti-cancer medication
- Pregnancy

Note 1. If you may have influenza (fever of 38°C or higher), please seek treatment at a clinic in Sendai as usual.

Note 2. If you have recently returned to/entered Japan, please read the latest university announcements.

Note 3. Please send your report to (infection2020@grp.tohoku.ac.jp) and include the following information:

- student ID number
- full name, email and phone contact details
- where you travelled to and where you stayed while abroad
- dates of travel and date of return to Japan
- symptoms of illness
- whether you currently live in student housing, such as a dormitory or University House
- instructions from the special hotline/hospital/clinic