

令和3年12月22日

学生のみなさんへ

理事・副学長（教育・学生支援担当）
滝澤博胤

冬季休業期間中の学生生活について（注意喚起）

本学では冬季休業期間（12月29日（水）～1月4日（火））を迎えるにあたり、新型コロナウイルス感染症拡大防止等について、学生のみなさんへあらためて注意喚起を行います。

現在のところ、国内における新型コロナウイルス新規感染者は減少傾向ですが、新型コロナウイルス感染症の第6波や新たな変異株であるオミクロン株の感染拡大、また、これからの時季はインフルエンザの流行が懸念されます。

特に年末・年始は、帰省や旅行等により、人との接触が増える時期になりますので、下記の注意事項に留意のうえ、**自らが感染しない、他の人に感染させないための行動**を引続き心がけ、東北大生として自覚と責任のある行動に努めましょう。

【注意事項】

1. 新型コロナウイルスに関すること

○基本的な感染予防対策の徹底

➢ワクチン接種後も継続して感染防止対策を実施しましょう。

□手洗い・手指消毒 □マスク着用 □3密回避 □換気 □体調管理

○大人数や長時間に及ぶ飲食の回避

➢大人数での飲食では、大声になり飛沫が飛びやすくなるため、感染リスクが高まります。

➢狭い空間に、長時間、大人数が滞在すると閉鎖空間が共有されるため感染リスクが高まります。

➢不特定多数の人が密集するパーティー等への参加は控えましょう。

○課外活動ガイドラインを遵守した活動

○新型コロナウイルス感染症に関する差別・偏見の防止

➢無用の誤解や差別を生まないように不正確な情報に惑わされず、注意深く冷静な行動を心がけましょう。

2. 新型コロナウイルス以外に関すること

○飲酒マナーに関すること

○交通ルール・マナーの遵守に関すること

○違法薬物の使用に関すること

○SNSの使用方法に関すること

○積雪・凍結道路での交通事故、水道管凍結、山岳事故などの防止に関すること

※ 事故等に遭った場合は所属の学部・研究科の事務室へ連絡してください。

※ 冬季休業期間中も本学のHPとDCメールの情報を確認してください。

(担当事務)

教育・学生支援部学生支援課支援企画係
電話：022-795-7818
MAIL：sta-gaku@grp.tohoku.ac.jp

December 22, 2021

ATTN: All Students

Executive Vice President/Vice President
(Education/Student Support)
Hirotsugu Takizawa

Staying Safe during the Winter Holidays!

During Tohoku University's upcoming winter vacation (Wed., December 29th to Tue., January 4th), we ask that you please be extra cautious regarding COVID-19.

Currently, COVID-19 infections are on a downward trend in Japan, but medical authorities are concerned that a 6th wave of infections could be caused by the virus's Omicron variant. Furthermore, the winter influenza season will be upon us soon.

In particular, during this season you may have more exposure to other people due to New Year's travel to visit family. Please take care of the following to avoid becoming infected yourself and infecting others. We ask for your cooperation and consideration as responsible members of the Tohoku University community.

CAUTION:

1. Avoiding COVID-19

○ **Thoroughly implement basic prevention measures**

- Even if you've been vaccinated, continue to take precautions.
 - Wash/disinfect hands
 - Wear a mask
 - Avoid the "3 Cs"
 - Ventilate enclosed spaces
 - Monitor your health

○ **Avoid crowds and long communal meals.**

- At large communal meals, people tend to speak loudly, which spreads droplets and increases the risk of infection.
- Spending long periods of time in crowded, enclosed areas increases the risk of infection.
- Avoid participating in crowded parties etc. that are open to the general public.

○ **Follow university guidelines on extracurricular activities.**

○ **Preventing discrimination/bias related to COVID-19**

- To avoid needless misunderstandings, discrimination, and bias, do not rely on rumors/unverified sources. Stay cautious, calm, and rational.

2. Other Issues

- Observe etiquette/laws regarding alcohol.
- Follow traffic rules and etiquette.
- Do not use illegal drugs.
- Use SNS responsibly.
- In the cold weather, watch out for: traffic accidents due to snow/ice on roads, pipes freezing in your apartment, snow-related disasters in mountainous areas, etc.

Note: If you are involved in an accident, please contact your faculty/graduate school office.

Note: Please continue to check the Tohoku University website and your DC mail account during the holidays for important information.

Contact

Education and Student Support Department, Student
Services Division, Support Planning Section
Phone: 022-795-7818
Email: sta-gaku@grp.tohoku.ac.jp

COVID-19

年末・年始の 感染対策の徹底について



自らが感染しない、他の人に感染させないために
取り組んでいただきたいこと

手指衛生



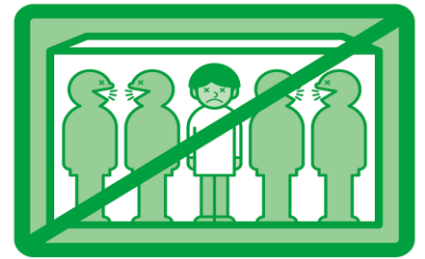
共有物に触った後、食事の前後、公共交通機関を利用した後は必ず手洗い・手指消毒をしましょう。

マスクの着用



会話時にはマスクを着用し、対面での会話の機会を減らしましょう。

3密回避



NO! 3密

密閉・密集・密接

外出の際は混雑した場所を避けるなど3密回避を行いましょう。

換気の実施



定期的に窓や扉を開けて換気を行い、空気を新鮮に保ちましょう。

体調管理



毎日、体温測定を行い、体調が悪いときは、人との接触や外出は控えましょう。

大人数等 飲食の自粛



大人数や長時間の飲食会への参加は控えましょう。

Stay Safe This Holiday Season

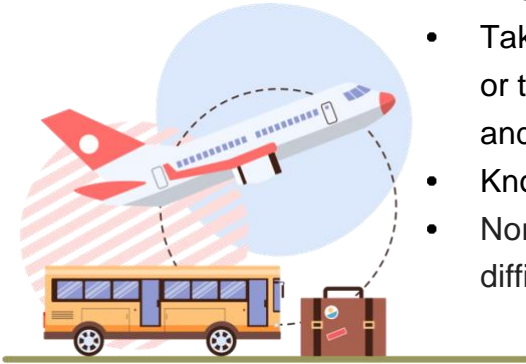
Although the number of new COVID-19 cases in Japan has been low recently, there are serious concerns about a sixth wave, especially involving the new Omicron variant. It's believed that the Omicron variant is highly infectious and could pose a risk of reinfection.

So this holiday season, please be extra vigilant and always take basic infection prevention measures, even if you have been vaccinated.



If you are returning home:

- Avoid popular travel dates, and do not travel if you are unwell.
- Take special care when meeting vulnerable people such as the elderly or those with underlying health conditions. Make a note of where you go and who you meet, in case contact tracing is necessary.
- Know who to contact in case of an emergency.
- Non-urgent international travel is strongly discouraged. You might have difficulties re-entering Japan if you leave.



On your first shrine visit of the new year:

- Avoid popular times and shrines that attract large crowds.
- Maintain appropriate physical distance from other people.
- Wear a mask at all times.



If you're attending a Christmas or New Year party:

- Please reconsider. The university would prefer that students, faculty and staff avoid large social gatherings, especially where there's eating, drinking alcohol and singing involved.
- Eat and drink with people you know to be safe. Keep maskless conversations to a minimum.
- Make sure that rooms are well ventilated and that seats are arranged so that people are not too close or directly facing each other.



In all situations, please wear a mask, wash your hands frequently and thoroughly, use disinfectant, keep physical distance from other people and avoid the 3Cs (closed spaces, crowded environments and close-contact settings.)

Let's be careful and responsible over the next few weeks so that we can start 2022 safe and healthy.

HAPPY
holidays