

Steps to Prevent the Spread of Infection

To Kyushu University Students, Faculty & Staff

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Working Group on Infectious
Disease Countermeasures

We now understand that the majority of individuals who contract the novel coronavirus disease (COVID-19) experience mild symptoms.

In particular, younger people are less likely to exhibit symptoms and are at a lower risk of the condition becoming severe, so there is a greater possibility that they may infect others without realizing it.

In this way, the infection can be spread to family members, friends, and the community at large.

There is also a danger of infecting people with underlying medical conditions who may be at a highest risk for a severe or critical reaction, in response to the disease.

In order to prevent the spread of the disease, and to prevent yourself from being infected, we request that every member of Kyushu University regularly practices the following measures for infection prevention.

Proper Hand Hygiene

- ✓ **Wash your hands often with soap** (especially when you get home, before and after preparing food, and before eating)
- ✓ Use **hand sanitizer**
- ✓ **Do not touch your eyes, nose, and mouth** with unwashed hands

Cough Etiquette

- ✓ **Wear a mask correctly** (make sure to cover your nose and mouth)
- ✓ If you don't have a mask, **cough or sneeze into your upper sleeve or handkerchief, not your hands**.

When Going Out

- ✓ **Refrain from going out, unless absolutely necessary**
- ✓ **Avoid visiting high-traffic areas**
- ✓ **Wash hands, gargle, and use hand sanitizer** when you get home

Ventilation

- ✓ **Ensure adequate air circulation and ventilation.**

Personal Health Management

- ✓ Make sure to **eat a balanced diet** and **get enough sleep**