

## **4th Wave of COVID-19: Request for thorough precautions**

On 19 April, Fukuoka prefectural government has requested its citizens to refrain from nonessential outings until 19 May. Also on 21 April, more than 5,000 new cases were confirmed, hitting the highest per day after the lifted declaration of a state of emergency.

In response to the situation, Kyutech requests all the students to take primary precautions (wearing a face mask, avoid 3C settings, sterilizing hands and fingers) and cautious and responsible actions as follows.

### **1. Alert to 4th wave: Rapid spread of variants among young people**

It is characteristic of the 4th wave of COVID-19 that the coronavirus variants are rapidly spreading. The variants are more infectious and cause more severe symptoms even for young people compared to earlier strain. Please be cautious even if you are young and strong.

### **2. Travels and events during Golden Week**

#### 1) If you are planning to travel

Please refrain from travelling in groups. Especially travelling to the areas subject to the semi-emergency and a state of emergency measures, please consider cancelling or postponing the travel.

#### 2) If you need to return to your home town

Please avoid visiting crowded places and confined spaces, and refrain from dining in groups, even small gatherings. Especially in the areas where the infection is spreading, refrain from non-essential outings even daytime.

#### 3) If you are planning to hold or join gatherings with eating and drinking

Please refrain from holding and joining gatherings with eating and drinking such as party (outdoors and indoors) and karaoke, which cause higher risks of the infection.

### **3. Eat in silence, wearing mask when talking, and maintaining physical distance**

Even when dining in a small group for a short period of time, conversations without a face mask in close contact settings cause higher risks of the infection. Please eat in silence and refrain from conversations without a face mask, put your mask back on when you talk, and maintain more than 1 to 2 meters of physical distance.

#### **4. 'I'm virus-free' attitude harms**

The incubation period of the novel coronavirus is 1 to 14 days, but the virus is most infectious 1 or 2 days before onset. Do not think you are virus-free even if you don't have any symptoms, and it is important to take thorough preventive measures with keeping in mind the possibility that you are already infected.

#### **5. Report immediately when having flu-like symptoms**

If you have any flu-like symptoms such as fever, contact the University Health Center, and call your home doctor and follow their instructions. If you don't have any home doctor, call the consulting center in your residential area and follow their instructions.

See the webpage below for the contact list and also refer to the suspected COVID-19 symptoms and home recuperation period.

- [Flow chart for COVID-19 control: When you have fever or flu like symptoms](#)