

How to spend the holiday season

The infection status of COVID-19 is currently calming down, but I am very concerned about the new Omicron strain.

When you go home, I imagine that you will have more opportunities to meet up with local friends and your relatives whom you don't usually spend time with. Please pay particular attention to infection control measures when coming in contact with people who you don't normally spend time with.

Relationships are important, but because they mean a lot to you, at times you will need to make restrictions, but please understand that your actions will also lead to protect yourself.

In January, there will be about two weeks of classes, followed by exams to finish off this academic year. It is up to each one of you to take proper action so that the classes and exams can be completed safely.

The Student Affairs Section has already posted some points to keep in mind during the holiday season, but please stay alert and spend a safe and pleasant holiday season.

<Points to note>

- Do not go out when you are not feeling well, and be careful about your behavior even at home.
- Wear your mask correctly, not with your nose out, or the mask covering just your chin.
- Try to eat in silence, and be sure to wear your mask when you have conversations.
- Try not to speak loudly even if wearing your mask.
- Refrain from traveling and consider altering the period and time to avoid congestion when returning home. Depending on the infection situation, reconsider whether you should even return home.

- Refrain from attending events that involve eating and drinking with people who you don't normally spend time with, and social gatherings with many people, for a long period of time, involving eating and drinking, and singing.
- When riding in a car with someone who you don't normally spend time with, be sure to wear your mask and be extra careful to keep the car well ventilated.
- Refrain from going to crowded places where an unspecified number of people gather, such as countdown events, and avoid the crowded times when visiting shrines for the New Year.
- When attending the Coming-of-Age Ceremony, follow the instructions of the organizer, and do not attend if you are not feeling well. Also, do not have parties before or after the ceremony.