

Know your ^{COVID-19} **Enemies**
& know **yourself**
What we can do

You shall win a hundred battles without loss.
(Sun Tzu)


As the Chinese proverb says, "Know your enemies and know yourself, and you shall win a hundred battles without loss"., We are fighting the enemy, the new coronavirus, but if we know ourselves, or what to do about it, we can fight this virus. So what can we do? Let's learn about the infection control measures you can take yourself.

Wash hands often

Preventing infection of COVID-19
Wash hands often


A•B•C
Always
Be
Careful

Never touch your eyes, mouth and nose without washing your hands first.



- 1 Wash your palms with soap
- 2 Wash back of your hands
- 3 Wash your fingertips and between your nails
- 4 Wash between your fingers
- 5 Wash your thumb
- 6 Wash your wrist
- 7 Rinse the soap off under clean running water
- 8 Dry your hands with clean handkerchief or paper towel

You can also use alcohol disinfectant instead of washing hands.



- When returning from outside
- When coughing, sneezing and blowing nose
- Before eating food
- After cleaning
- After using toilets
- After using common spaces

Source: Hygiene Management manual about covid-19 at schools, MEXT

The most important thing you can do to prevent infection is to wash your hands. When washing your hands, take time to wash not only your palms, but also the back of your hands, fingertips, between your nails, between your fingers, and your thumb and wrist. When wiping your hands after washing them, use a clean handkerchief or paper towel and avoid using towels that have been used by others.

When you wash your hands is also important. You can also use alcohol disinfectant instead of washing your hands.

How to wear a mask



1 Putting the elastic bands over your ears, and while securely holding the mask over your nose, extending the mask to cover your chin.

2 Adjusting the wires at the top of the mask so that they follow the contours of your face.

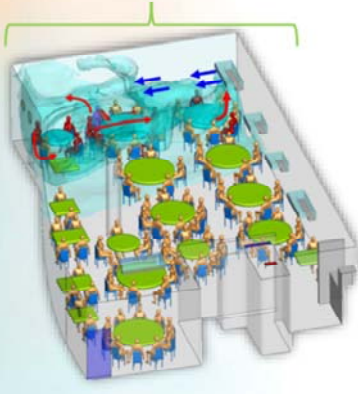
3 Pressing the mask down with your hands so that the left and right sides of the mask are close to your face.

Courtesy of Yokohama-Gumyouji Respiratory Clinic
<https://www.kamimutsukawa.com/blog2/kokyuuki/339/>

Wearing a mask is also effective in preventing infection. However, it is important to note that if the mask is not worn correctly, its effectiveness in preventing infection will decrease.

Ventilation

There was an outbreak of patient in the same restaurant due to air retention in one part of the restaurant.



The most important thing is to ventilate the room anyway. If you can't get a distance, it all depends on how well you ventilate the room.

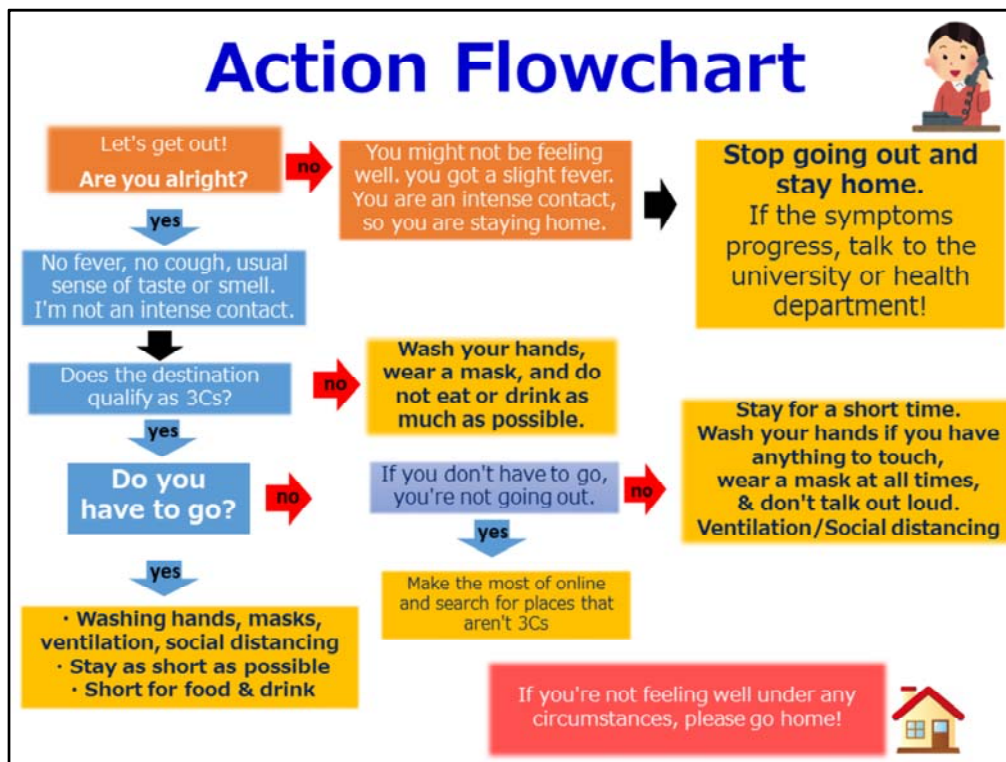
In other words;

- Avoid touching things that can be touched by humans as much as possible. Wash your hands when you touch them. Especially before touching your face.
- Maintain a distance of about 2 meters from the person. If you can't do so, wear a mask to reduce the risk of infection.
- Even if you don't have a mask, the risk of infection is low if you have a distance from the person.

日本医師会 COVID-19 対策委員会
<http://hikankyo.sing.niigata-u.ac.jp/ventilation.pdf>
Environment International Volume 142, September 2020, 105832

Courtesy of Dr. Yoshikazu Muto, Tosei General Hospital

One of the risks of infection is poorly ventilated enclosed spaces, and adequate ventilation is a good measure. Open a window or use a ventilation system. Other than that, you can reduce the risk of infection by keeping your distance from people and avoiding conversations at close range.



Next, let's look at the flowchart on your physical condition and actions. This flowchart shows you what you should do based on your physical condition and the environment and situation of your destination. There have been cases of people spreading the infection to others by going out of their house even though they are not feeling well. It is also important not to spread the risk of infection to others if you are at risk of being infected.

Request to install the COVID-19 Contact-Confirming Application

Install the contact-confirming application to protect yourself, your loved ones, your community and society as a whole.

Ministry of Health, Labour and Welfare
COVID-19 Contact-Confirming Application
(Abbreviation: COCOA)

The contact-confirming smartphone app that provides notifications about the possibility of contact with someone infected with coronavirus.

*screen image

○ This app uses the short-range communication function (Bluetooth) on smartphones upon user approval to receive notifications about the possibility of contact with a person who has tested positive for the novel coronavirus, while ensuring anonymity for your privacy.

○ Users can receive support, such as testing from a public health center, sooner, by knowing that they might have been in contact with someone who has tested positive. The more users, the more effective it will be in preventing the spread of infection.

iPhone users
App Store
からダウンロード

Android users
Google Play
でインストール

Install the app "COCOA"

Possibility of contact within 1 meter for 15 minutes or more

• Contact records will be managed in the device only and do not leave the device.
• Where, when, and with whom there was contact will not be known by either side.
• Information about the contact (random code) is recorded within the device only.
• Records are disabled after 14 days.
• Contact information, location information and other information that could identify the individual are not recorded.
• Information is not recorded when Bluetooth is turned off.

For details:

MHLW website

厚生労働省
Cabinet Secretariat

厚生労働省
Cabinet Secretariat

Office for Novel Coronavirus Disease Control
National Strategy Office of Information and Communication Technology

The Ministry of Health, Labour and Welfare recommends installing the new coronavirus contact verification app: cocoa. This app allows users to be notified of the possibility of contact with a person who has been infected with a new type of coronavirus, while maintaining privacy. The more people who use this app, the more likely it is that the spread of infection can be prevented so the University recommends that you install it.

ABC

Always Be Careful

- Washing hands often, Wearing a mask and Ventilation
- Avoid a **3-C** environment
(**C**losed Space, **C**rowded Areas
and **C**lose Contact)
- Share information about the infection



What has been introduced so far is nothing new. However, it is very important to Always Be Careful.

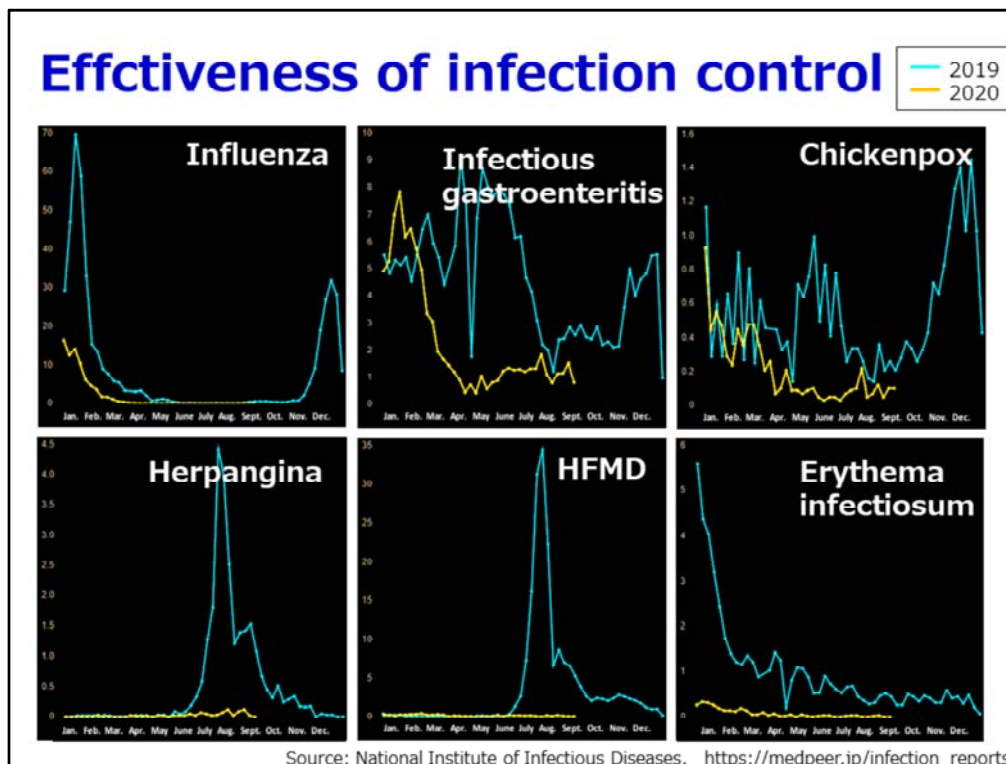
Reduce the risk of infection

Designed by mindandi / Freepik

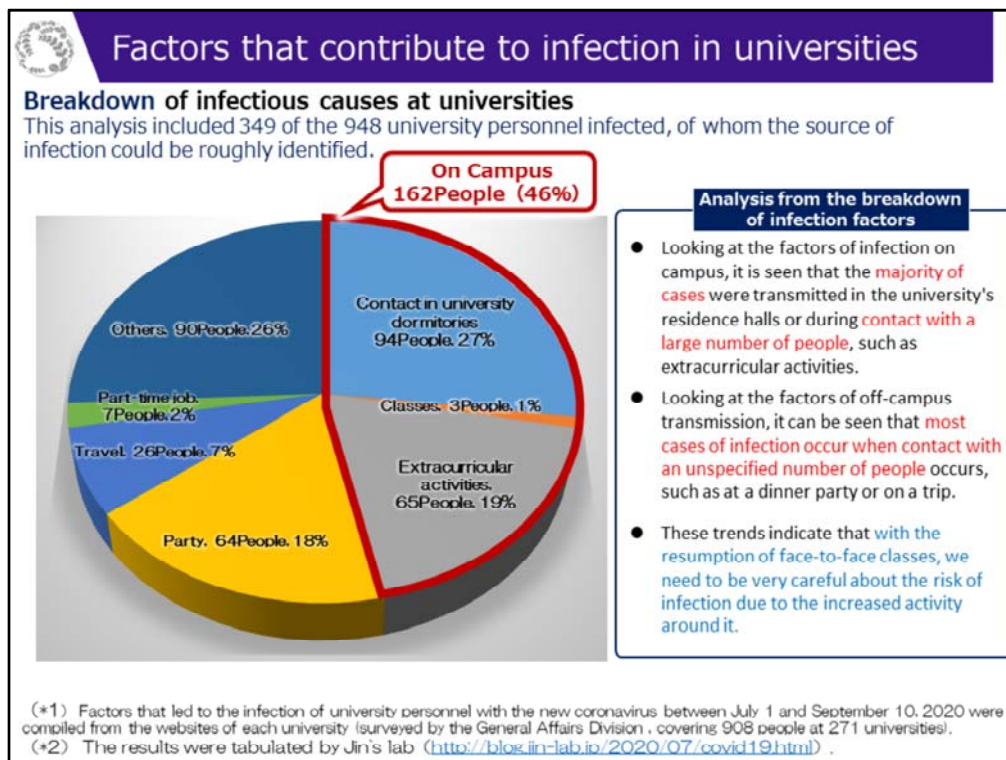
Even If you can only do one measure 70%, the risk of infection is reduced to **1/40** by combining the three measures.

$$\text{Risk} = 0.3 \times 0.3 \times 0.3 \cdot \cdot \cdot = 0.3^n$$

Although we have introduced infection control measures, it can still be difficult to reduce the risk of infection to zero. But let's not think of it as reducing the risk of infection to zero, but as reducing the risk of infection. Even if you can only do one measure 70% of the time, by combining the three measures the risk of infection is reduced to 1 in 40.



Due to the new coronavirus infection, measures such as washing hands and wearing masks have been taken more than usual, but the effectiveness of these measures has been shown by the number of cases of other diseases. The line graph shows the number of cases per medical institution for each disease. Data for 2019 are shown in light blue, and data for 2020 are shown in yellow. You can see that the number of infected people in 2020, when infection control measures are taken more than usual, has decreased compared to 2019.



Finally, let me explain the factors that contribute to infection in universities. As shown in the pie chart, the ratio of on-campus infection to off-campus infection is about 50:50. A closer look at the graph shows that many on-campus infections occur in situations where there is a lot of contact with a large number of people, such as in dormitory groups and extracurricular activities such as clubs, while only a very small percentage of infections occur in the classroom. Off-campus, most of the cases of infection occur in situations where contact with large numbers of people occurs, such as when eating together or traveling.

In light of this, it is necessary to take measures against infection in the classroom, during breaks between classes, and during meals and travel.

To make your university life easier

- **Know your enemies & know yourself,**
you shall win a hundred battles without loss
- **Reduce the risk of infection**
- **Always Be Careful**



In order to make their university life easier, let's commit to taking the infection control measures introduced so far.

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※Only students, faculty and staff of Tohoku University are allowed to take this short test.

You can access this short test from the TUBCP web page, the following URL or QR code.

URL

<https://forms.gle/J8YpctT2AuR9pmhH7>

QR code

