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

**ABC**
**Always Be Careful**

- Washing hands often, Wearing a mask and Ventilation
- Avoid a **3-C** environment
  (Closed Space, Crowded Areas and Close Contact)
- Share information about the infection
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.

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

Risk = 0.3 x 0.3 x 0.3 \cdots = 0.3^n
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.
In order to make their university life easier, let's commit to taking the infection control measures introduced so far.

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**
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After watching the video, students, faculty and staff of Tohoku University are required to take a short test.  
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You can access this short test from the TUBCP web page, the following URL or QR code.

URL  
https://forms.gle/J8YpcT2AuR9pmhH7  

QR code