Stay Safe This Holiday Season

The Christmas and New Year break usually sees large groups of people travelling home, going on vacation and gathering for parties. This year, the university urges all students, faculty and staff to be extra vigilant and to refrain from activities that might inadvertently spread the coronavirus. Because the year may be over, but the threat of the pandemic is not.

If you are travelling or returning home:

- Try to avoid popular travel dates.
- Take extra precautions for 14 days before travelling.
- If you are unwell, postpone all travel plans for at least 10 days. This includes plans to return to Sendai.
- Avoid talking, eating and drinking when travelling in cars, trains and buses due to the confined space.
- Take special care when meeting vulnerable people such as the elderly or those with underlying health conditions.
- Make a note of where you go and who you meet in case contact tracing is necessary.

On your first shrine visit of the new year:

- Avoid popular times and shrines that usually attract large crowds.
- Maintain physical distance (of at least 1 meter) from other people.
- Always wear a mask, practice good hygiene.

If you’re attending a Christmas or New Year party:

- Please reconsider. The university would prefer that all students, faculty and staff avoid large social gatherings, especially where there’s eating, drinking and singing involved.
- Only eat and drink with people you know to be safe. Keep maskless conversations to a minimum.
- Arrange seats so that people are not directly facing each other.
- Check that the room is sufficiently ventilated.

In all situations, please wear a mask, wash your hands frequently and thoroughly, use disinfectant, keep a physical distance of at least 1 meter from other people and avoid the 3Cs (closed spaces, crowded environments and close-contact settings.)

Let’s be careful and responsible over the next few weeks so that we can start 2021 safe and healthy.