

2020 School Year
Special Lecture in Safety Education
Novel Coronavirus (Covid-19)

Graduate School of Agricultural Science
Safety and Security Committee
Deputy Supervisor, Hygiene
Infection Control Doctor
Dr. Jun Kanako

20200405 Edition

<Update and History: Based on relevant information below>

* CDC MMWR 2020/04/01

「Presymptomatic Transmission of SARS-CoV-2 — Singapore, January 23–March 16, 2020」

A research study from Singapore reported that a number of people were infected a few days before the onset of the manifestation of the coronavirus.

* Joint Press Conference in Sendai City, Miyagi Prefecture 2020/04/03

Governor Murai: “Unfortunately, it appears that the virus is being further spread by the activity of young people. Please avoid going out for unnecessary, non-urgent matters for about four weeks. This request is especially aimed at young people.”

* CDC Home Page 2020/04/03

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Wearing a mask is highly recommended, as masks can protect people from spreading or contracting Covid-19 infection, even in the absence of manifested symptoms.

Novel Coronavirus (Covid-19) General Features

- So-called “common cold” symptoms (1-2% of cases) → Classified as BSL2 (Biosafety Level2)
- Positive-sense single-stranded RNA virus: Genetic material of viral (+)ssRNA functions as both genome and messenger RNA (mRNA); it is translated into proteins in the host cell.
 - RNA-dependent RNA polymerase replicates the genome through template (-) synthesis
- The virus is enveloped in a “rope-like” lipid membrane.
 - Normal soap (even nonmedicinal) can destroy the lipid membrane, and disable the virus from infecting its host.
- Human-to-human infection occurs by saliva “splash/spray” as well as direct contact
- Saliva emitted from the mouth of the infected person contains virus microparticles**
 - Microparticles result in spread of the virus onto objects the infected person touches

To avoid secondary infection due to viral saliva:

Effective hand-washing

Cough & mask etiquette

Effective hand-washing

COVID-19 (Novel Coronavirus) causes SARS-CoV-2

SARS (Severe Acute Respiratory Syndrome)

- Risks of severe infection: Occur in people of increased age and smokers
- Infection can occur just a few days before symptoms are manifested (CDC). **NEW!**
- **Asymptomatic infection: Especially seen in young people**, suggests that the infection rate is likely as high as the rate of person-to-person contact.
- Treatment: **Currently only “symptomatic” therapy exists.** Avigan (Favipiravir) in clinical trial. Vaccine development will take more than 1 year (WHO)

Avoidance of infection is of utmost importance! !

These direct countermeasures correspond to what is currently known about coronavirus

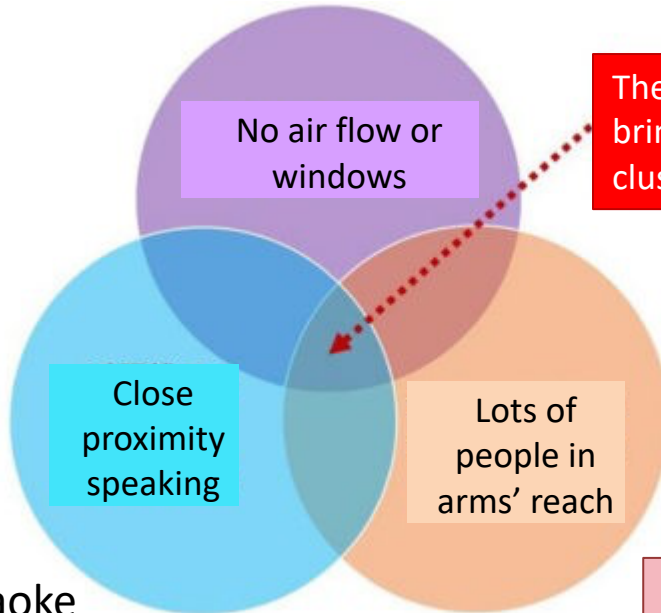
Covid-19 Cluster Outbreaks: High risk of infection just conducting daily activities

New Coronavirus Infection Prevention Expert Conference (March 9)

Non-ventilated spaces

Confined spaces

Loudly Talking or singing, e.g., Karaoke



These 3 spaces bring high-risk of cluster outbreaks

- Live house
- Gym and table tennis
- Singing/Choir practice
- Social gatherings (and houseboats)
- Viral spread has been caused by infected returnees from graduation trips

Eating and drinking over conversation is particularly risky e.g., happy hours

Tight spaces

“Three spaces” to avoid

What about class lectures ? ? ?
Should you...

SPACE TYPE:

No ventilation

Open all windows before and during lectures, as much as possible ?

Confined

Sit spaced out or front to back ?

Tight

Forbid talking, require masks ?

Avoiding these risks in the “three spaces” is difficult!

So classes are being conducted online.

How to be careful in your daily life!

Act as though everyone you come into contact with might have the novel coronavirus already

◀ There is a possibility of infection from someone with the virus even if they are asymptomatic ▶ **Wear a mask when going out if you will be in contact with anyone**

- Avoid the “three spaces” (to prevent infection)
- Avoid gathering in tight spaces, school groups, and speaking in a loud voice
- Self-management
 - * Encourage hand washing
 - * Wear a mask
 - * Keep your daily rhythm (sleep and bathing are important)

Even nonwoven masks if cleaned with detergent and properly dried, can be reused more than once for splash diffusion prevention.

➤ What If you have cold symptoms ?

If you have cold symptoms, e.g., fever, don't go to school
→ Take your temperature regularly for later reporting

If you have a fever, follow the guidance in the workflow (figure on the last page) of “Stay at home actions”.

This guidance is subject to change based on evolving circumstances. Please check the information daily provided by the university (next page).

TO PREVENT FURTHER SPREAD OF COVID-19
YOUR COOPERATION IS REQUESTED



HAND WASHING

THE FUNDAMENTAL DEFENSE AGAINST CORONAVIRUS IS
HAND-WASHING AND MASK-WEARING

After touching a door knob, train handrail, or anything else, it is possible that the virus has been transferred to your hand
Before and after leaving the house, cooking, and eating all meals, wash you hands very well.

Proper hand-washing

1



Run water on hands, apply soap to palms, scrub well

Before washing: Cut nails short, remove rings and bracelets

2



Stretch out your hands as you scrub

3



Focus on finger tips and nails as you scrub

4



洗 Wash in between fingers

5



親 Twist fingers and palm while washing

6



Don't forget to wash wrists

After washing with soap, dry hands with a clean towel or paper towel, making sure they are completely dry

首相官邸
Prime Minister's Office of Japan

厚生労働省
Ministry of Health, Labour and Welfare

厚労省 検索



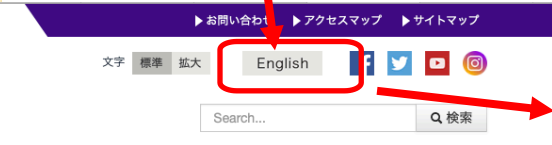
INFORMATION FROM TOHOKU UNIVERSITY – FOUND HERE !

<SMARTPHONE>



CLICK HERE

<COMPUTER>



https://www.tohoku.ac.jp/en/news/university_news/welcome_to_tohoku_university.html



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News



Welcome to Tohoku University

2020-04-29 | University News

The cherry blossoms on campus mark the start of a new academic year and Tohoku University says welcome to 2,469 new undergraduates and 2,470 graduate students. To prevent the spread of the coronavirus on campus, the university cancelled all large events, including the official entrance ceremony. Instead, speeches and orientation materials are being shared online.

In his welcome message ([PDF](#)), University President Hideo Ohno spoke of the university's commitment to providing a high-quality education for all students.

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Recent News

新入生の皆様へ *For new students*

世界へ向けて
大きく飛躍を。

Lead a way to a better future for us all. 大野英男
Hideo Ohno

新型コロナウイルス感染症への対応について

TU Homepage:
Concerning
infectious
spread of
Covid-19



Postponements, and new schedule for online classes and orientation

Most classes will officially begin on April 20, but before that, students should make sure that they receive their Tohoku University ID and are able to get connected.

Information in English

https://www.tohoku.ac.jp/en/news/university_news/information_of_covid_19.html

To get Wi-Fi (eduroam) : <https://www.dc.tohoku.ac.jp/guide/wifi/wifi-e.html>

To watch online classes: <https://sites.google.com/view/teleclass-tohoku/>

To connect to the university's email system:

<https://www.dc.tohoku.ac.jp/guide/dcmail/newdcmail-e.html>

To connect to Students' Portal <https://www.dc.tohoku.ac.jp/guide/srp/srp-e.html>

Login to the Students' Portal: <https://www.srp.tohoku.ac.jp/>



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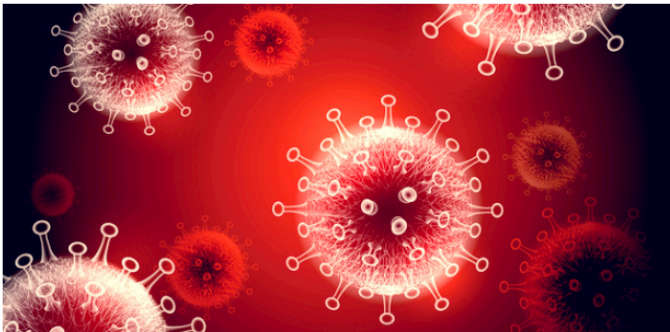
Contact Tohoku University



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News



COVID-19 Information and Preventive Measures (Updated April 7)

2020-04-30 University News

Latest news

- What to do if you feel unwell (Students / Staff)
- For students and staff (New Students / Current Students / Staff)
- University events and facilities that are affected
- Extra information in English

As the number of people affected by the new infectious disease, officially named COVID-19

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Recent News

LATEST INFORMATION

| Orientation

All new students are required to watch the main orientation videos found here:

https://sup.bureau.tohoku.ac.jp/orien/orien_en.html

Orientation Video for Incoming International Students

TU Support

https://sup.bureau.tohoku.ac.jp/orien/orien_en.html



CONTENTS:

1. Welcome Speech
2. Student Life at TU
3. Mental and Physical Health
4. Tips for Avoiding Crime
5. Traffic Rules

- > You can start watching the video after you receive your Tohokudai ID. Please access the TU Support website above and log in to Internet School of Tohoku University (ISTU) with your ID.
- > New students who are enrolling in Spring 2020 **must** watch all the contents.
- > Orientation materials and useful resources offered by support groups, both on and off campus, will be available on the same TU Support website.

<Contact Information>
International Support Office, Student Exchange Division
Phone: 022-795-3247 E-mail: supportoffice@grp.tohoku.ac.jp

Departments and faculties also have faculty-specific information for new students on their individual websites: [\(PDF\)](#)

If you are feeling unwell/sick...

What's New (Excerpt: March 30, 2020 Edition): We request that all students follow ...

1) Self-imposed control of unnecessary and nonessential travel

Young people may not show symptoms despite being infected and unknowingly may spread the virus. Note: One sign of infection was detected due to the patient's reduced sense of taste and smell. Conduct a daily self-check to detect suspicious signs of coronavirus infection. Contact the Sendai City call center (next page).

2) Thorough, regular personal health checks to avoid coronavirus infection Two-weeks of self-quarantine are required when returning from overseas

Note: Cluster outbreaks connected to returnees have occurred

3) Postponement or cancellation of events (welcome events included), or conduct them online

4) Avoidance of the "three spaces" (slide 3)

Postponement or cancellation of social gatherings, including parties, extracurricular activities and circles (matches, meets and training camps, etc.).

Note: In the absence of ventilation, even being in two (close and confined) of the "three spaces" poses sufficient risk of infection. Whether inside or outside, getting together with people (e.g., cherry blossom viewing) always poses a risk of infection.

5) Use of ventilation, limiting number of people gathering (5 people or less), maintaining distance (>2m), and limiting time in indoor facilities are all practical measures to prevent infection

Note: Even though in-person lectures are cancelled, the risk of infection is still high when people gather indoors.

6) Cautious and calm behavior, avoid being misled by inaccurate information; especially prevent misunderstandings and discrimination.

If you are feeling unwell/sick...

Before going to the hospital, contact the Sendai City Call Center

Young people with no preexisting medical issues will be put on a 4-day health watch

However, if pneumonia-like symptoms occur, such as difficulty breathing, please make contact as soon as possible

If you experience symptoms consistent with coronavirus infection

Contact the following two TU locations !

REPORT THE FOLLOWING * :

TU ID number, name, contact email address; recent potential contact with returnees, or relocation from big cities.

Symptoms (date of occurrence), instructions from the dormitory or front desk at home (apartment)

* Faculty of Agriculture, Graduate School of Agriculture, Student Affairs
agr-kyom(*)grp.tohoku.ac.jp (*=@)

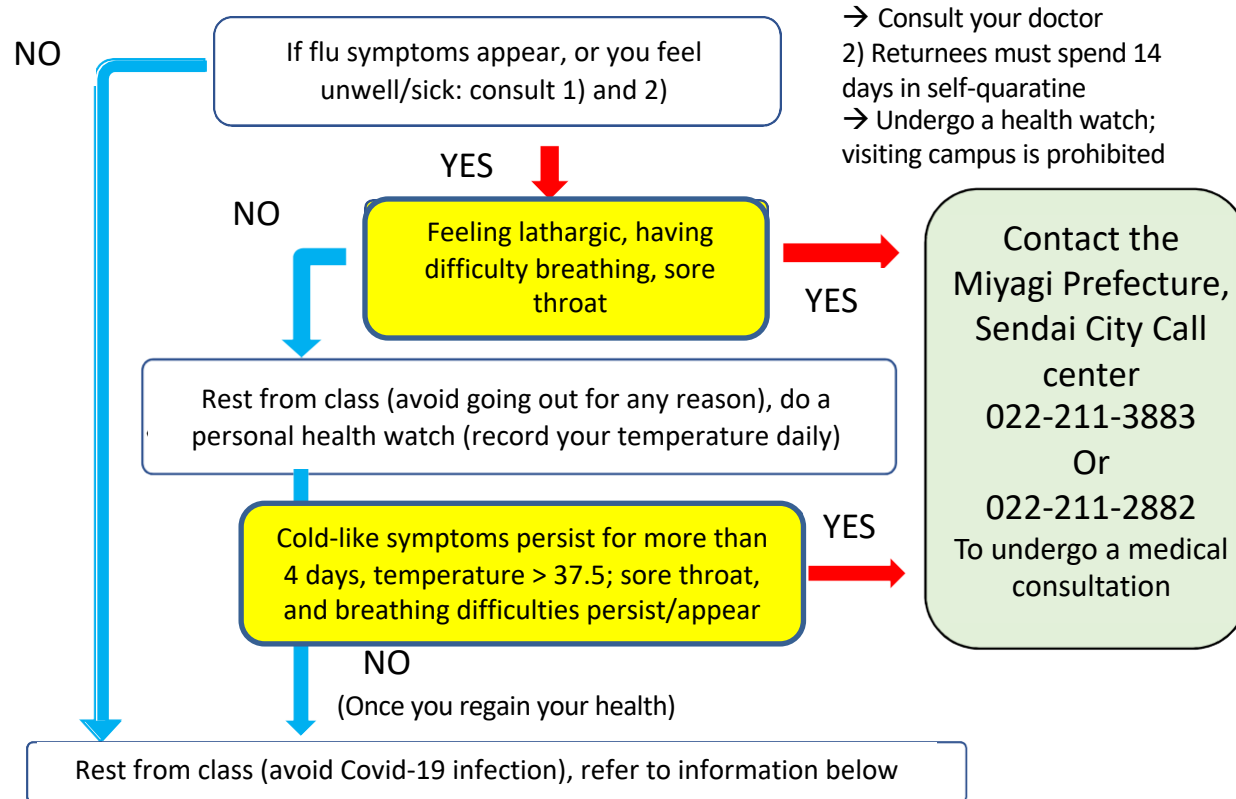
* Health Management Center
infection2020(*)grp.tohoku.ac.jp (*=@)

* https://www.tohoku.ac.jp/en/news/university_news/information_of_covid_19.html#linkgeneral

*For details check the flow diagram on TU Homepage

MEASURES RELATED TO PREVENTING CORONAVIRUS SPREAD

Center for Environmental Conservation and Research Safety Occupational Health and Safety
(Industrial Academy)



(Based on notification, as of February 26, many students are sick with illnesses, in addition to Covid-19)

Measures to prevent infection and spread of Covid-19

- 1) Use water and soap to wash hands, alcohol-based sanitizers; practice proper etiquette if you have a cough
- 2) Get plenty of sleep and nutrition, also avoid excessive alcohol, smoking, and follow appropriate physical and mental health management