

Osaka University Guidelines for Social Distancing in the COVID-19 Era

Although COVID-19 seems to have passed its peak in Japan, resuming economic activities has caused the number of infected people to rise, making it necessary to continue efforts to prevent the spread of the virus. Therefore, the Osaka University Guidelines for Social Distancing in the COVID-19 Era have been established until vaccinations, medications, and treatment are developed; rules and regulations are changed, and approaches to COVID-19 can be the same as those for seasonal influenza and related viral outbreaks.

1. Basic guidelines

- **Social distancing**

When both parties are not wearing a face mask, stand between at least 1-2 meters or more apart.

When both parties are wearing a mask, stand at a distance where you are unable to touch each other.

- **Face mask rules**

Wear a mask inside buildings, especially in common areas such as hallways, elevators, stairwells, etc. or rooms used by multiple people; on the Inter-Campus Shuttle Bus, etc.

To prevent heat stroke, it is not necessary to wear a mask if practicing proper social distancing when outside; however, wear a mask when speaking, when close to others or in a crowd, when waiting for the bus, or around cafeterias.

- **Conscientious practice of hand washing**

Soap is effective against COVID-19. Wash your hands frequently with soap and running water.

If you are unable to wash your hands, disinfect them with ethanol.

- **Infection prevention measures for meal times**

If sitting at a table without a shield, don't sit facing others, rather, sit facing in the same direction whenever possible.

Don't talk while eating and spend only as much time as necessary in the cafeteria to prevent congestion.

- **Diligent execution of disinfection practices**

Disinfect doorknobs, desks, chairs, or other shared items with surfactant (“マイペット”, etc.).

2. The importance of adhering to the above guidelines and additional information

People infected with COVID-19 should check into a medical institution or quarantine themselves at home. If a health care center deems a person has had close contact with someone who has been infected, they will need to be quarantined at home for 2 weeks.

The purpose of the above guidelines is to prevent the suspension of work, closing of laboratories, departments, or the shutdown of the university by limiting the number of people who may have close contact with an infected person on campus. Therefore, we wish to strongly request all students, faculty members, and members of the university follow the above guidelines.

In particular, please use the measures below to inform and prevent the spread of infection.

- To increase awareness of the above guidelines, put up posters (either from the Department of Safety and Hygiene or of your own design) or other informative notices.
- Be sure to tell students taking lectures to put on a face mask immediately if they aren't wearing one. If they do not own a mask, instruct them to make one themselves.
- When giving lectures, properly wear your face mask and try not to use a loud voice.