

To the Students Who Are Going on a Summer Vacation

For Students

Currently COVID-19 infections are spreading rapidly in Gifu prefecture, and going forward this situation may possibly continue. Please stay vigilant during the summer vacation period and thoroughly implement infection prevention measures at home as well.

1. Implement Basic Infection Prevention Measures

- ✓ Avoid each and every one of the three Cs (Closed spaces, Crowded places, and Close-contact settings) that increase the risk of infection by ensuring physical distance, wearing of masks*, and washing hands frequently.

※Make decisions on mask use based on the distance from people and whether or not conversations are taking place.

- Wearing a mask continues to be a basic infection measure. Wear it at your discretion depending on your distance from other people (2m or more) and whether or not conversations are taking place.
- If the temperature, humidity, or heat index is high, determine when it is appropriate to remove your mask, such as when it is possible to keep distance from people outdoors after taking adequate heat stroke prevention measures (such as drinking enough water).

- ✓ Even during club activities, etc., thoroughly implement basic infection prevention measures such as "hand sanitizing," "ventilation," and "not talking without a mask when eating, drinking, or changing clothes.

2. Check Your Own Physical Condition

- ✓ Use the "Health Check Card" to thoroughly check your daily physical condition.
 - Check the physical condition of any family members you live with and if you or any of them have even one of the symptoms below, do not attend the club activities, etc., and be sure to rest at home.
 - If you have any symptoms (fever, sore throat, cough, sluggishness, or other cold symptoms) that suspect COVID-19 infection, seek medical attention immediately, even if the symptoms are mild.
 - If you or any of the family members you live with are to undergo antigen, PCR, or other viral testing, or have tested positive, inform us immediately.

Contact: (Higashi JHS 25-3885)

3. Implement Infection Prevention Measures Outside of School

- ✓ When eating out, check the restaurant's infection measures in advance (the prefecture encourages the patronage of restaurants* that have good infection measures in place, such as ventilation, temperature measurement, and ready access to hand sanitizers, etc.).
- ✓ When eating with people who are not family members that you live with, refrain from speaking while eating and wear a mask when talking.
- ✓ When traveling or enjoying leisure activities, thoroughly implement basic infection prevention measures, including avoidance of the "three Cs" during travel and even at your destination.



*Seal for Stores
Implementing
Measures against
COVID-19

To Parents or Guardians

Currently COVID-19 infections are spreading rapidly in Gifu prefecture. With summer vacation approaching and the expected increase in the influx of people, going forward it may spread further. Please stay vigilant during the summer vacation period and thoroughly implement infection prevention measures at home as well.

1. Please Implement Measures to Prevent Your Child's Infection

- ✓ The fifth wave of the COVID-19 infection last year was likely triggered by factors such as the increased influx of people traveling during summer and Bon holidays, etc.
- ✓ For our students, we have explained infection prevention measures as written in the document "To the Students Who Are Going on a Summer Vacation." Parents and guardians are requested to ensure that their children understand these measures and actively implement them.
 - Please check your child's daily physical condition using the "Health Check Card" even on days when your child does not attend school.
 - Wearing a mask continues to be a basic infection measure. Please let your child wear it at his or her discretion depending on the distance from people (2m or more) and whether or not conversations are taking place.
 - If the temperature, humidity, or heat index is high, determine when it is appropriate for your child to remove his or her mask, such as when it is possible to keep distance from people outdoors after taking adequate heat stroke prevention measures (such as drinking enough water).
 - If your child has any worrying symptoms, albeit mild, please instruct your child to visit a medical institution immediately and to rest at home without attending club activities, etc.
 - If your child or any of the family members you live with are to undergo antigen, PCR, or other viral testing, and have tested positive, please inform us immediately.

Contact: (Higashi JHS 25-3885)

2. Please Implement Infection Prevention Measures in Your Family

- ✓ The cooperation of all family members is essential to protect your child from COVID-19 infections. During the summer vacation, we ask that all family members implement infection prevention measures in the same way as your child.
- ✓ When eating with people who are not family members that you live with, please refrain from speaking while eating and wear a mask when talking.
- ✓ When traveling or enjoying leisure activities, please thoroughly implement basic infection prevention measures, including avoidance of the "three Cs(Closed spaces, Crowded places, Close-contact settings)" during travel and even at your destination.

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