

# To All Those Who Are Going on Summer Vacation For Students

## 1. Thoroughly Practice Basic Infection Prevention Measures

- ✓ Keep physical distance from people, wear a mask, and wash your hands. Avoid the “Three Cs (closed spaces, crowds, and close-contact situations)” that increase the risk of infection.
  - To avoid the risk of heat stroke and other illnesses, on days with high temperatures and humidity, remove your mask and rehydrate while keeping a sufficient distance from other people.
- ✓ Practice infection control measures not only for yourself, but for your whole family.

## 2. Thoroughly Monitor Your Physical Condition

- ✓ Use the “Health Check Card” to monitor your physical condition every day.
  - Check the health condition of family members living with you. If any family member living with you has even one symptom, please do not participate in club activities and stay resting at home.
  - If you have symptoms that are particularly worrisome (high fever, severe fatigue or shortness of breath, inability to taste or smell, persistent cold symptoms or low-grade fever), please contact us and seek medical attention at a medical institution immediately.
  - If you or a family member living with you need to undergo PCR or another form of viral testing, please contact us immediately.

Contact : (各学校又は市町村教育委員会で記載)

## 3. Thoroughly Take Measures to Prevent Infection at Home and Outside of School

- ✓ At home, set the air conditioner temperature appropriately, ventilate the room, and avoid talking in close quarters and eating in large groups.
- ✓ When using facilities other than school (cramming schools, libraries, etc.), take thorough measures such as wearing a mask.
- ✓ Please refrain from singing at karaoke without wearing a mask, or barbecuing with those who are not your family members living with you, as these activities increase the risk of infection.
- ✓ Please refrain from watching the Tokyo Olympics and Paralympics live on TV with a large group of people while eating and drinking at home, restaurants, and other eating and drinking establishments.

## 4. Refrain from Traveling to Other Prefectures Unnecessarily

- ✓ Be cautious when moving across prefectures, especially moving to and from areas where the infection is spreading, such as Tokyo and Aichi.

## ※ Novel Coronavirus (COVID-19) Vaccination

Although the novel coronavirus (COVID-19) vaccination has been shown to be highly effective, it is up to the individual whether to be vaccinated or not. Please be careful not to send out irresponsible information to prevent prejudice, discrimination, and other forms of harassment against those who do not wish to be vaccinated.

# Dear Parents and Guardians

## 1. Please Take Measures to Prevent Your Child(ren) from Becoming Infected

- ✓ As you are aware, the Tokyo Olympics and Paralympics are coming up, due to this there is a higher risk of the coronavirus re-spreading. As well as the arrival of summer which increases the number of people travelling and moving around the country, we especially need to take more care during this time. Last year's second wave was triggered by the increased number of human traffic during the summer and Obon vacations.
- ✓ As mentioned in the notice, "To all those students who are going on summer vacations," please take measures to prevent infection. We would like to ask parents and guardians to guide their children in understanding and actively practicing these safety and preventative measures.
  - Please monitor your child's health every day using a "Health Check Card" even on the days when your child is not attending school.
  - To avoid heatstroke, encourage your child to remove his/her mask when the temperature and humidity are high while keeping a safe physical distance from other people.
  - If your child has any symptoms that are particularly worrisome, please contact us and seek medical attention immediately.
  - If your child or a family member living in the same household needs to undergo PCR or another form of viral testing, please contact us immediately.

Contact : (各学校又は市町村教育委員会で記載)

## 2. Please Take Measures to Prevent Infection in Your Family

- ✓ The cooperation of family members is essential to protect your children from the novel coronavirus infection. During the summer season, we would like to ask each family member to take the same infection preventative measures as students.
- ✓ When traveling outside of Gifu, please take basic infection prevention measures. In particular, we ask that you refrain from unnecessary travel to areas where the infection is spreading, such as Tokyo and Aichi.
- ✓ Please refrain from singing at karaoke without wearing a mask, or barbecuing with those who are not your family members living with you.
- ✓ Please refrain from watching the Tokyo Olympics and Paralympics live on TV with a large group of people while eating and drinking at home, restaurants, and other eating and drinking establishments.

### ※ Novel Coronavirus (COVID-19) Vaccination

Although the novel coronavirus (COVID-19) vaccination has been shown to be highly effective, it is up to the individual whether to be vaccinated or not. We would like to ask you to be considerate of other people's decisions in order to prevent prejudice, discrimination, and other forms of harassment against those who do not wish to be vaccinated.