

## [What to do if you contract a school infectious disease]

Meiji Gakuin University

- Please concentrate on the recovery of your health during the recuperation period.

- Length of recuperation period \*As of April 1, 2024

COVID-19	From the day of onset as day 0 to day 5, and until 24 hours have passed after symptoms have abated.
Influenza	From the day of onset as day 0 to day 5, and until 48 hours have passed after fever has subsided.
Other Infectious Diseases	Please refer to the following student guideline for the length of recuperation period. <a href="#">[School Health Law Classifications and Standards for Suspension from Attendance]</a>

We ask that classes be cancelled during the recuperation period.

Reporting to health support centers is not required.

If you have any difficulty in making the decision to resume work, please contact the Health Support Center.

- If you have COVID-19, you may have the ability to spread infection to others until about the 10th day after onset. Until the 10th day, please take precautions such as wearing a mask, eating at different times and places from others, and ensuring physical distance and ventilation.
- When a student informs you that he/she has an infectious disease, please tell them to report to the Health Support Center. We have a web form for reporting influenza and COVID-19. The URL for the web form is posted in the Health Support Center website and Port Hepburn.  
<https://www.meijigakuin.ac.jp/campuslife/health/gakkoukansensyou/>

We appreciate your cooperation in infection control measures on campus.

- Health management  
If you are feeling unwell, take it easy and rest.
- Masks  
If you are experiencing persistent coughs, wear a mask. ([Click here for coughing manners](#))  
When infectious diseases are prevalent, we recommend wearing masks in crowded situations, such as on trains and buses.
- Ventilation  
Except for a few classrooms, the ventilation equipment is operating, and ventilation is performed at least two times every hour, even in classrooms without a window. For classrooms without ventilation equipment, open windows and doors for ventilation.
- Physical distance  
If enough seats are available, try to be seated while maintaining a physical distance. When sitting face to face, please take measures to keep a distance by providing the sitting arrangement diagonally opposite to each other. Keep meetings and interviews as short as possible, and be flexible in your approach by using online tools.
- Washing hands  
Wash your hands when you return from outside, before eating, and before touching your eyes and mouth.

### [Contact]

Health Support Center	Shirokane: 03-5421-5184 Yokohama: 045-863-2021	kenshin@mguad.meijigakuin.ac.jp	Regarding the prevention of infection
Academic Affairs Division	Shirokane: 03-5421-5140 Yokohama: 045-863-2025	Shirokane: yomu@mguad.meijigakuin.ac.jp Yokohama: kyomuy@mguad.meijigakuin.ac.jp	Regarding class instructions
Graduate School's Office	Shirokane: 03-5421-5180 Yokohama: 045-863-2243	dgakuin@mguad.meijigakuin.ac.jp	