

To all the parents,

School Principal

How to spend the holidays to prevent the spread of COVID-19

Thank you for your continued understanding and cooperation for our educational activities.

In order to prevent the spread of COVID-19 infections, with the child's health and safety as our top priority, the school will be closed temporarily until May 31st.

Therefore, we would like to ask you for your continued understanding and cooperation in the prevention of the infection during the long holidays.

1. Please avoid going out unnecessarily.
2. Please make a habit of a regular lifestyle.
(Ensure a diet that have a nutritional balance, proper exercise, and sufficient sleep)
3. When returning home, before cooking or eating, after using the toilet, after coughing, sneezing or blowing your nose, wash your hands thoroughly with soap.
4. Wear a mask when you have to go outside or have a close conversation with others.
5. Try to check your body temperature regularly and record it on a health card, etc., to manage your physical condition.
6. Please consider the ventilation at home and replace the air in the room.
7. To communicate with your friend, please use online chatting or phone.
8. Do not use the supermarket or convenience store on a daily basis. Please shop alone or in a small number of people in uncrowded time in a short time.
9. When taking exercise, please do in a small number and avoid crowded parks.
(Be careful of traffic accidents and water ones.)
10. To study at home, please do your homework and use learning support video in a planned way.

If any of the conditions below apply to you, please contact the *Kikokusha Sesshokusha Soudan Center* (Health Care Center) and your school.

- Symptoms of the common cold and/or a fever that persists for four or more days (Concluding the case you have to continue to take antipyretic drugs).
- A strong feeling of sluggishness (sense of fatigue) and/or a choking feeling (difficulty in breathing).

※In case that your children/students have pre-existing medical conditions, please contact the Health Care Center when the conditions above persists for two or more days.