

To all Technical Intern Trainees

Precautions for the New Coronavirus Infectious Disease (COVID-19)

Before going to work

• Take your temperature.

① You have a temperature of 37.5°C or higher.

② You have cold symptoms and feel sluggish, etc.

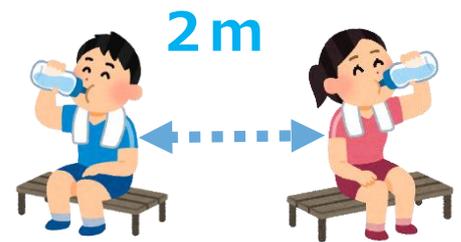
If you feel different and unwell, please contact your technical intern instructor or your daily life instructor.



When going out

- If you are not feeling well, refrain from going out.
- Wear a mask when going out.

During hot days, be careful from heat stroke and remove your mask when you are outdoors and 2 meters away from other people .



When you return home

• Wash your hands thoroughly with soap and water.

Use your own towel.

• When throwing away used masks, tissues, gloves, etc., make sure to firmly close the opening of the garbage bag so that others won't touch it.



When you are living together with other people

- Even at home, maintain a 2 meter distance away from other people.
- During conversations, wear a mask and avoid loud voices.
- Wash your hands after sneezing or coughing.
Use your own towel.
- Open the windows twice every hour to replace the air.
- Disinfect after using things (remote control, refrigerator, lighting switch, dryer) you share with other people.
- Close the cover of the toilet bowl and flush it after using.

【When having a meal】

• Wash your hands before and after eating.

Use your own towel.

- As much as possible, sit side by side (keep distance) when eating.
- Prepare each meal on a separate plate.



When living together with other people

【When taking a bath or shower】

- Use your own towel.
- Take turns when using the bathroom.

【When sleeping】

- If you are sleeping with other people in the same room, maintain distance as much as possible.
- When sleeping, your head should be in an alternate position from others.

Let's be careful of heat stroke

- To prevent heat stroke, open the windows and replace the air. Adjust the temperature setting of the air conditioner frequently to avoid heat.
- Remove the mask when the temperature and humidity are high, and if you are outside and you are away 2 meters or more from other people.
- Avoid strenuous exercise when wearing a mask, and temporarily take off the mask and take a break in a place where you can keep a sufficient distance from people around you.
- Drink water even if you are not thirsty (approximately 1.2 liters a day).
- If you feel nausea or dizziness, immediately tell your technical instructor or your life instructor.

Keep your body cool and drink water. If you are not feeling well, take a rest at home.



※ For more details, please visit the website below.

■ Prevention of coronavirus infectious disease (COVID-19)

http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00046.html

■ Prevention of heat stroke

<https://www.otit.go.jp/heatstroke/>



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