

Countermeasures for preventing the spread of COVID-19 in research labs

Checkpoints to prevent the spread of infection!!
Stay home as much as possible to protect the lives of those around you!!

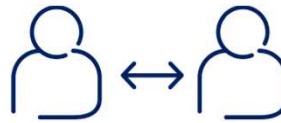
Thorough Health Management

- ✓ Record your temperature every morning!
- ✓ Wash your hands frequently!
- ✓ Wear a mask if you can!
- ✓ Check for headache, sore throat, malaise, or loss of taste & smell!



Environmental Factors

- ✓ Limit face-to-face meetings & use ICT!
- ✓ Minimize experiment time!
- ✓ Adequately ventilate your room!
- ✓ Avoid crowded places!
- ✓ Keep shared equipment clean!
- ✓ Mutual inspection of laboratories is recommended!



Just in Case

- ✓ Keep a record of your health!
- ✓ Keep a record of all lab entries/exits!



Other Considerations

- ✓ If you feel sick or that something is wrong, do not go to school!



If you feel unwell, please call the helplines below!

Health Care Center
Kumamoto University

☎ 096-342-2164

Coronavirus Support Center
(the Help Line for Returnees and Close Contacts)

☎ 096-364-3222, 096-372-0705

Weekdays: 8:30 AM to 8 PM

Weekends and Holidays: 8:30 AM to 5:30 PM