

December 7, 2021

Dear international students,

International Office of Utsunomiya University

Attention: How to spend the holiday season (about COVID-19)

In the holiday season, foreign resident communities may hold events, following the traditions and customs of their home countries. However, COVID-19 is not completely under control. In addition, there is concern that the infection would spread again with the new variant “omicron”. Therefore, please basically refrain from attending large gatherings.

If you must participate, please be sure to observe the following precautions. To prevent yourself and others from COVID-19, please make sure you take appropriate actions.

**【Precautions】**

- If you are not feeling well, do not attend events or have meals with other people.
- Even if you are in good condition, do not attend events or dining in a closed or crowded space, close-contact settings, or where basic infection prevention measures are not thoroughly taken. In particular, do not participate in events, parties, etc., where people are crowded together or where people talk loudly.
- When participating in events and dining together, be sure to take appropriate infection prevention measures, such as maintaining physical distancing, sanitizing your hands and fingers, wearing masks, and refraining from talking loudly.
- Refrain from consuming alcohol in large quantities or drinking late at night on the street or in restaurants. Also, refrain from participating in events when you take alcohol.
- If you feel that you may be infected with COVID-19 and have questions about medical examination, call the consultation service of the local government in the area where you live. (If you live in Tochigi Prefecture, call the Coronavirus Hotline for Tochigi Foreign Residents. TEL: 028-678-8282)

**【Useful websites (multilingual support)】**

- Tochigi Consultation and Support Center for Foreign Residents  
<http://tia21.or.jp/hello.html>
- Consultation counter search site for each prefecture  
<https://www.c19.mhlw.go.jp/area-jp.html>

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