

～ Request for your cooperation in preventing the spreading of COVID-19 ～

We ask for your cooperation in taking the following precautions when attending a JICE training course.

1. Take your temperature

On the day of your course, be sure to take your temperature at home. If you have a fever of 37.5°C or higher, please stay home.

Even if your temperature is below 37.5°C, please stay home if you have cold-like symptoms such as coughing.

2. Wash your hands and gargle

Upon arriving at the venue of your course, wash your hands well with soap and gargle.

If there is nowhere to wash your hands, you may alternately sanitize your hands with an alcohol sanitizer (containing more than 70% alcohol, less than 95% ethanol).

3. Wear a mask

Please have a mask with you and wear it during class.

Take frequent sips of water to prevent a heat stroke while wearing the mask.

4. Cover your cough

If you need to cough or sneeze, cover your mouth and nose with a mask, tissue paper, handkerchief, the sleeve of your clothes or your inner elbow.

5. Keep a social distance

Maintain enough social distance, and give consideration to others around you when you wish to talk during a break.

JICE staff members will also take the above precautions.

Japanese language instructors will conduct classes wearing a mouth shield instead of a mask.

For more details, please check the website of the Ministry of Health, Labour and Welfare.

- Information related to the COVID-19 pandemic (in multiple languages)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/jigyounushi/page11_00001.html

- Q & A on Coronavirus Disease(English site)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryoku/dengue_fever_qa_00014.html