

**IMPORTANT: A prefectural special alert is now in effect for Nagaoka City!**

All of us must work to  
**avoid becoming infected and prevent infection**  
of others.



### Basic conduct



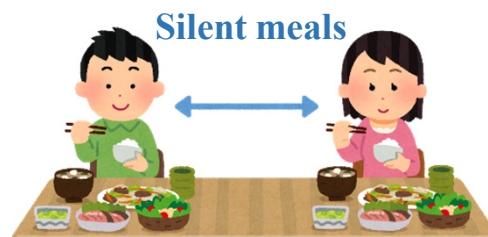
Wear a mask



Wash hands



Ventilate



Silent meals

Maintain distance and eat in silence



**Avoid becoming infected, prevent infection of others**

Important



Do not gather for meals without masks  
Do not drink together at home  
Avoid eating in groups where possible



Check NUT COVID-19 website for the latest information



Minimize contact with people outside the university  
Do not gather for meals

Important



Record your temperature, physical condition, and contacts every day!

Checksheet

PDF



EXCEL



Disinfect items for shared use!  
(computers, doorknobs, etc.)

**If you're not feeling well, tell us right away!**

[Niigata Prefecture COVID-19 Diagnosis and Consultation Center](#)  
Nagaoka TEL: 0258-33-4932 / Niigata TEL: 025-256-8275

[Nagaoka University of Technology contact information](#)

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