

How to Stay Healthy and Cope During the COVID-19

Health Service Center: SGU Counselor
International Student Office



金沢大学保健管理センター

Kanazawa University Health Service Center

What to expect :Typical Reactions during Social Distancing & Isolation

YOU May Feel...

Worry, anxious, fearful about your health status, **feeling loneliness**, cutting out from friends and family..

Stigmatized.. Singled-out

Frustrated, angry about being confined to one space.

Boredom,

Unhealthy coping behaviors such as **Excessive late nights, Over-eating, Drinking and using substances..**

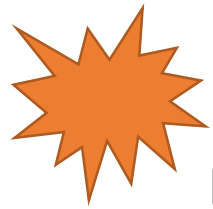
Ruminating about worst scenarios all day..

Symptoms of depressions, such as feelings of **hopelessness, changes in appetites, sleep too much or too little, loss of energy** that interferes with your daily activities.

If you are concerned about them, please contact an SGU counselor (see contact info. on slide No. 8)

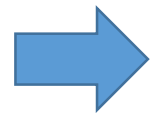
How to Protect Yourself and Others:

① *Know How it Spreads*



Person to person through small droplets from the nose or mouth when a person with COVID-19 coughs or exhales.

Breathing in these droplets from the person gets you infected

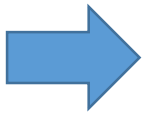


Avoid close contact & keep distance more than 1 meter(3 feet); Wearing a mask is recommended)



By touching objects and surfaces around the person that these droplets land on (desks, door knobs, laptops, etc.)

then touching your mouth, nose, or eyes to get infected.



Wash your hands & clean regularly, with wearing a mask keeping you from touching your face without noticing it

How to Protect Yourself and Others:

② *Everyone Should:*

- ➔ **Wash your hands often** with soap and water for 30 seconds.
- ➔ **Stay home** as much as possible
 - ➔ **Avoid** close contact
 - ➔ **Put distance between yourself and other people.**
- ➔ **Cover your mouth and nose** with a cloth face cover when around others
- ➔ **Wear disposable gloves and clean frequently used surfaces** (tables, doorknobs, light switches, phones, keyboards, toilets, etc.) **by using detergent or soap and water**

See more: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

How to Support Yourself and Others *During Self-Isolation or Social Distancing*



- ☺ **Connect** *with others*
- ☺ **Talk “face-to-face”** *with friends, family, and loved ones using Skype, Zoom, or FaceTime*
- ☺ **Avoid excessive exposure to media coverage** *of the coronavirus*
- ☺ **Stick to** *a scheduled sleep routine*
- ☺ **Eat healthy** and **avoid excessive use** *of caffeine, alcohol, or other substances*
- ☺ **Have variety of daily activities;** *Read, watch TV, YouTube, Time spent with meditation, Take some walk outside, Jogging, Dancing, or Journaling,*

BE CREATIVE!

If you feel sick...

Steps to help prevent the spread of COVID-19

- ➔ Stay home, get rest and stay hydrated
- ➔ Separate yourself from other people in your residence
- ➔ Avoid public transportation; Do not visit public areas
- ➔ Monitor your symptoms

1. *Fever (>37.5C; If it decreases after 2 days, still be cautious and stay home)*
2. *coughs,* 3. *sore throat,* 4. *running nose,*
5. *headaches* 6. *breathing difficulty*

(see: *Health Check Sheet* at https://www.kanazawa-u.ac.jp/university/corporation/risk_management/new_coronavirus/alert)

If you are sick; Steps to take care of yourself

➡ **Be sure to get care if you have;** ①fever (>37.5C) for more than 4 days; ②trouble breathing, ③persistent pain or pressure in the chest, ④new confusion or inability to arouse, or have any other emergency warning signs, or if you think it is an emergency.

➡ **Contact designated offices** of Ishikawa Prefecture and Kanazawa City concerning the New Coronavirus

※Business hours: Open 24 hours M-F, including weekends and holidays

See the numbers and locations at <https://www.kanazawa-u.ac.jp/e-news/75907>

Resources at KU:

- **University Responses; *See updates***

https://www.kanazawa-u.ac.jp/university/corporation/risk_management/new_coronavirus/alert

- **KU Health Service Center; *See updates of “Alert”***

<https://www.kanazawa-u.ac.jp/e-news/75907>

****Health Service Center****

Tel : 076-264-5257 /5255 (Japanese) Email: ①eisei@adm.kanazawa-u.ac.jp,

②hokekan@kenroku.kanazawau.ac.jp, (Japanese & English)

For mental health concerns ; SGU counselor (English & Japanese)

please email to: ogasawarat29@staff.kanazawa-u.ac.jp

Other Helpful Resources:

- Center for Disaster Management and Control:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Psychological Coping during a Disease Outbreak For families, friends, colleagues of those in quarantine or self-isolation:
<http://www.socialserviceworkforce.org/system/files/resource/files/PSS-coping-for-families-friends-colleagues-of-quarantined.pdf>
- American Psychological Association (2020). Keeping Your Distance to Stay Safe.
<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Harvard University Coronavirus –Health & Wellbeing:
<https://www.harvard.edu/coronavirus/health-wellbeing>
- Japan Ministry of Health, Labour, and Welfare:
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html
- Texas A&M University “Mental Health and Coping During COVID-19” :
<https://caps.tamu.edu/mental-health-coping-during-covid-19/>
- WHO:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Stay Healthy & Stay Connected!

Creating a Wellness Community at KU

