

To all children in Yokohama City

## How to spend during the School closures period

… Notice of Yokohama City Board of Education…

### How to spend during holidays

• The school is closed to prevent the spread of infectious diseases. It is necessary to avoid a place where many people gather or an indoor wind is difficult to pass. Avoid going out as unnecessary and urgent as possible and try to stay at home.

### For your health

- Keep early hours and eat a well-balanced meal.
- Wash your hands with soap carefully and gargle. If you have a cough, you wear a mask and cover your mouth with a handkerchief, tissue, or cuffs.
- Take a temperature every morning. If you aren't feeling well, tell the person at home.
- Open the windows occasionally to change the air during the day.

### Study and Exercise

- Let's try to spend the same life on a school days when you learn and exercise.
- Let's work on doing homework, reviewing and so far.

[Reference site] (Japanese site only)

"Children's learning support site" (MEXT website)

[https://www.mext.go.jp/a\\_menu/ikusei/gakusyushien/index\\_00001.htm](https://www.mext.go.jp/a_menu/ikusei/gakusyushien/index_00001.htm)

The Classroom for learning-innovation (Ministry of Economy, Trade and Industry website)

[https://www.learning-innovation.go.jp/covid\\_19/](https://www.learning-innovation.go.jp/covid_19/)

- It is also important to move your body appropriately. Do exercises that you can do safely, such as jump rope and body-building exercises.
- **Public places (including parks, roads, and vacant lots) belong to everyone. Observe the rules and manners of the place, do not make a loud noise, and use it while giving due consideration to nearby residents and other users.**
- When you go to the park, **you take preventive measures** such as maintaining a certain distance from other users, wearing a mask, coughing etiquette, and washing your hands after playing. Also, if you aren't feeling well, you don't go to the park.
- There is a possibility that the use of playground equipment that will be queued up or crowded may be restricted or stopped to prevent the spread of infectious diseases.

### Mobile phones, smartphones

- Set a time when using TVs, games, computers, etc.
- Be careful not to be involved in troubles using SNS such as smartphones and portable game machines.
- If you have any problems, immediately consult your parents.

When you are at home (answering machine etc.)

- Be sure to be able to contact your parents in an emergency.]
- Go ahead and help the house.
- When you are alone, be careful about inquiries from visitors and telephones, and do not answer when asked for your name, address, telephone number, etc.

When you are in trouble

- Teachers and counselors at school are at school even during school holidays. If you have any concerns or concerns, please do not hesitate to contact the school.

\* For parents: Please check the contents with your child.

For parents

Notice from Environmental Planning Bureau ~Using the park~

Under Emergency declaration, it is said that citizens are asked to refrain from going out when they are not necessary. The park itself is used as a refuge in the event of a disaster because it is not allowed to do so and is used for walks without closing the park itself.

To prevent the spread of new coronavirus infection

- Do not use the park when you aren't feeling well.
- Select a convenient time or place to use.
- Secure a distance (2 m) from other people.
- Protect your *cough etiquette*, such as wearing a mask.
- Wash your hands when using play equipment.

Especially on benches, playground equipment and plazas

- Do not use if crowded.
- Shorter time than usual it.
- Use not to monopolize
- Do not shout

Please be careful not to create a situation where the risk of infection is high, such as "crowded" or "close" where many people come together.

《Information》

From April 25<sup>th</sup>(Sat) to May 6<sup>th</sup> (Wed/holiday), we suspend the use of playground equipment that is close and crowded in a large park.

For parks other than large-scale parks, we also will suspend the use of it in order to prevent the spread of new coronavirus infection in the future.