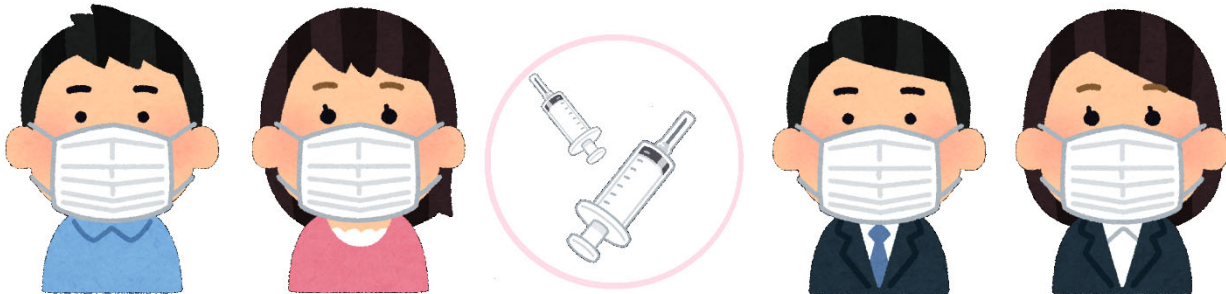


August 24, 2021

To Students and Staff

Recommendation for Getting the COVID-19 Vaccine



Health Service Center

According to the National Institute of Infectious Diseases, it is estimated that the highly contagious Delta variant now comprises more than 90% of the COVID-19 virus now circulating in Japan. Studies conducted by the U.S. Centers for Disease Control and Prevention (CDC) and others estimate that the Delta variant has a transmissibility twice as high as the original COVID-19 strain. The current sharp rise in new infections in Japan has been attributed to this higher transmissibility. According to the Ministry of Health, Labour, and Welfare, the COVID-19 vaccines currently being administered in Japan are highly effective in preventing the symptoms of COVID-19 and reduces the risk of severe illness.

Please refer to the below information in considering getting the COVID-19 vaccine.

- In the current fifth wave of COVID-19 infections in Japan, the highly contagious Delta variant has become the dominant strain. The number of young people getting seriously ill is rising.
- The pros of getting vaccinated (prevention of infection, prevention of serious illness from infection, contribution toward herd immunity) greatly outweigh the cons. By getting vaccinated, you will be protecting yourself, your

family, and friends. According to local government reports, the majority of new infections are among unvaccinated people (10 to 20 times higher infection rate compared to vaccinated people).

- Side effects tend to be more common in young people compared to the elderly. However, most side effects subside after two to three days.

- There are cases of people continuing to suffer long-term effects of COVID-19 infections. These include lethargy, decline in mental capability, headaches, loss of the sense of taste, difficulty in breathing, rashes, and hair loss.

These cases are referred to as “Long COVID” or “Post COVID” overseas.

- There is a variety of misinformation about the vaccines. There have been claims that they lead to infertility or stillbirths, that they alter your DNA, or that they will insert microchips into your body. There is no basis to such claims. Please refer to the Q&A page on the Ministry of Health, Labour, and Welfare website to obtain scientifically sound information.

- People who have been infected with COVID-19 are, for

the most part, eligible to get vaccinated as long as it is after their treatment period.

Whether or not to get vaccinated is an individual decision.

However, based on the above, we recommend that you do get vaccinated.

<Related websites in English>

National Institute of Infectious Diseases

<https://www.niid.go.jp/niid/en/>

Bureau of Social Welfare and Public Health

<https://www.fukushihoken.metro.tokyo.lg.jp/english/index.html>

CDC Long term effect Post-COVID Conditions

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>

<Related websites in Japanese>

厚生労働省 新型コロナワクチン Q&A

<https://www.cov19-vaccine.mhlw.go.jp/qa/>

第 57 回大阪府新型コロナウイルス対策本部会議 公表資料

https://www.pref.osaka.lg.jp/kikaku_keikaku/sarscov2/57kaigi.html