Guidance on Infection Prevention and Control for Covid-19 for students  
[Second report (last modified on 07 April 2020)]

(Measures to be taken from 17 April to 6 May)

As Japan’s daily confirmed cases continue to soar, experts are warning that we may be on the verge of a sudden surge. Young people mostly develop mild symptoms so they could be spreading Covid-19 without realising they are carrying the virus. To protect yourself and loved ones, Kochi University strongly encourages all Kochi University students to follow the advice from 17 April to 6 May.

1. General policy
   Kochi University will implement measures to help prevent the spread of coronavirus during the period of self-health monitoring. We will keep you informed of the latest developments through KULAS in case our policy needs amendment in case Kochi sees a surge in the number of confirmed cases. Please check the following website as frequently as possible.)
   [Website of Kochi University: http://www.kochi-u.ac.jp/]

   ○ A high temperature (37.5°C or more) or flu-like symptoms – cough, sneeze, runny nose, sore throat
   Stay at home. Do not come to campus. Students who developed symptoms but have recovered should remain at home for extra 24 hours from the recovery. Those with symptoms caused by hay fever is not subject to the restriction.

   ○ 14-day self-isolation for all international arrivals
   Everyone arriving in Japan is required to self-quarantine for 14 days. Stay at home and keep monitoring your health every day.

   Note: If you are going to be absent from a class due to a fever or other cold symptoms, this will be treated as an “exception absence”. So, be sure to contact the major and faculty consultation desk as described under “10. University Consultation Desk”.

   If you have the following symptoms, contact Kochi Prefecture / Kochi City Consultation center for people with potential exposure to Covid-19 (Phone: 088-823-9300).
   ○ flu-like symptoms or a high temperature (37.5°C or more) for four consecutive days or more. (Two consecutive days if you have underlying medical conditions.)
   The condition includes having to take antipyretic to reduce temperature
   ○ feel extreme fatigue, have difficulty breathing
and so on during this period of self-health monitoring.

➢ Make sure you have access to the internet for remote learning. Please contact us if you don’t. Avoid using free Wi-Fi in public places as it will increase the chances of infection.

Note: Four Japanese mobile network operators including NTT Docomo, SoftBank, au and Y!mobile are planning to offer free data communications (up to 50GB) for students aged 25 or lower. Students are encouraged to take advantage of their offer for remote learning only.

We will continue to keep you informed about the latest developments with regard to remote learning. Please check our messages posted on KULAS as frequently as possible.

3. If you must come to campus

➢ Always wear a mask. (to prevent your cough from spreading the virus) or cover your mouth and nose with a tissue or a handkerchief, or with the crook of your arm when coughing or sneezing if a tissue or handkerchief is unavailable).

Note: When wearing a mask, use a disposal replacement sheet in order to extend the use of the mask over time.

➢ Upon entering and leaving a classroom, wash your hands thoroughly with soap and running water. We don’t have alcohol antiseptic solution in all the classrooms, but when you are at a location where alcohol antiseptic solution is available, be sure to sanitize your hands.

➢ Keep away from others. Avoid non-essential social gathering including having a meal face to face. Wear a mask whenever the situation is unavoidable.

4. General policies for Covid-19 control in everyday life

➢ For the time being, keep self-monitoring your health e.g Taking a temperature every morning before leaving home.

If you forget to take a temperature or don’t have a thermometer (you should have one ideally), contact KU’s Health Service Centre.

➢ Frequently wash your hands with soap and running water for at least 20 seconds.

➢ Avoid non-social gathering including during the Golden. Especially refrain from traveling to areas where the infection is spreading.

➢ In principle, avoid non-essential social gatherings including indoor events, parties of any kinds taking place in a room with the doors shut.

➢ Older people and people with underlying health condition are most at risk of developing severe symptoms. People with no symptoms can spread the virus. For this reason, avoid contact with the elderly and patients with underlying diseases as much as possible.

➢ To better track the possible outbreak on campus, keep your travel record.

➢ Boost your immune system by getting enough sleep and eating a balanced diet on a regular basis.

➢ Anyone can get the virus so harassment or abuse against coronavirus patients and those who have been in close contact with them is strictly prohibited.
It is normal to be worried about what you’re seeing, reading and hearing on the news today. We recommend talking to friends and family to share your worries.

Note: Please read the following conditions. Contact University Consultation Desk (10) for advice if you the situation applies to you.

5. If you have coronavirus symptoms
   ○ The local public health centre will conduct a test. (As of 24 March, you will be in isolation)
   ○ We will contact your parents (or guardians) if we know you have it.
   ○ The local government will ask you to help track the outbreak.

6. If you have been identified as a close contact of a person with confirmed Covid-19 infection
   ○ The local public health centre will conduct a test. (As of 24 March you will be in isolation)
   ○ We will ask you to self-quarantine for two weeks even if you test negative.
   Even after a test result is negative, you need to stay at home for two weeks by default, after the contact, just to be on the safe side. Provide assistance in identifying secondary contacts (close contacts).

7. If you THINK you might have been in close contact of a person with confirmed Covid-19 infection
   ○ Do not come to campus. Stay at home for five days from the last contact with the person.

8. If you have been in close contact of a person who have been in close contact of a person with Covid-19.
   ○ Keep wearing a mask and practice social distancing.

9. If anyone on campus tests positive
   ○ The campus will close and workers from the local health centre will be dispatched to spray a fog of disinfectant. We will keep you informed of the reopening of the campus through KULAS.

10. Contact us
   ○ To register an absence due to Covid-19 symptoms

(Asakura) Faculty of Humanities and Social Sciences, Humanities and Social Sciences
   Phone: 088-844-8649

Faculty of Education, Studies in Education, Program for Advanced Professional Development in Teacher Education
   Phone: 088-844-8653

Faculty of Science and Technology, Studies in Science and Technology, Studies in Science
   Phone: 088-844-8742

Faculty of Regional Collaboration, Regional Collaboration, TSP
   Phone: 088-844-8903
(Oko) Medical School
Phone: 088-880-2262
Medical Science, Nursing Science, Medicine
Phone: 088-880-2290

(Monobe) Faculty of Agriculture and Marine Science, Agriculture and Marine Science.
Agricultural Science
Phone: 088-864-5168
Kuroshio Science
Phone: 088-864-5116

口 For medical advice
(Asakura) Health Service Center Phone: 088-844-8158
(Oko) Health Service Center Phone: 088-880-2581
(Monobe) Monobe Branch Office Phone: 088-864-5121

Note: Do not go to Health Service Centers (Health Counseling Room) without an appointment.

口 Other matters
Student Counselling Room Phone: 088-888-8010

口 Advice for students with underlying medical conditions (weakened immune system, respiratory diseases, and diabetes)

Office for the promotion of inclusion and accessibility
Phone: 088-888-8037
e-mail: shugakushien@kochi-u.ac.jp