

6 April 2020

## Coronavirus (Covid-19) Advice for Students

As the spread of coronavirus (Covid-19) in Japan is accelerating especially in metropolitan areas including Tokyo, Osaka and Nagoya, hospitals are struggling with the explosion of demand in seriously ill patients. Kochi has seen a steady rise in confirmed cases in the last few days. More and more young people have tested positive. Some of them have reportedly died in Europe.

We have students with a weakened immune system or underlying health condition including asthma. Their risk of dying from coronavirus is higher. As we are responding to the challenges of Covid-19, we would also like to encourage Kochi University students to follow advice to limit the spread of the virus.

As we have announced already, the start of the new semester has been postponed until 17 April. We have also suspended face-to-face teaching until 6 May and will continue remotely. Students are advised to study remotely while teachers deliver remote teaching where it is possible.

Please check and follow the guidelines below.

### [1] Travel

Ideally, you should not travel at all. Since the end of March, experts and media have been criticising young people who are out and about because it makes it difficult to identify how the infection has spread. In order to avoid such a situation, and save lives of yourself, your family, the citizens, the sick and the elderly please follow the practice below.

- (1) If you haven't returned home, then don't.
- (2) Please stay where you are and wait for updated advice
- (3) Stay home and avoid unnecessary travel, keep a social distance when exercising outdoors

If you have to leave the house for a reasonable excuse, do the best you can to protect

yourself and others from the disease.

## [2] Private life

We urge you to avoid the three Cs – closed spaces, crowded places and close-contact settings.

Club or sport activities, including recruiting new students, is strictly prohibited. When having a meal on campus, do the best you can to minimise the risk. Indoor and outdoor gathering must be avoided.

Those living in a student residence must take extra care. Self-isolate when having a meal or a bath. Keep things you share with your flatmates clean. Avoid social gathering to prevent the spread. We will try our best to support you while we expect that you will also do your best to support yourselves.

Also please read Guidance on Infection Prevention and Control for Covid-19 and check regularly for updates.

We are very sorry about the impact that the coronavirus pandemic is having and understand that you may be worried. We encourage you to speak to your family, friends, supervisor or use the mental health and wellbeing support available for Kochi University students.

We look forward to welcoming you back once we resolved the covid-19 pandemic.

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