For Students

Guidance on Infection Prevention and Control for Covid-19
Fourth report
Instruction Period (May 26 – September 30)

* This Guidance may be partly tightened or relaxed based on prudent judgment in accordance with the change in the circumstances. Check the latest information at the website or KULAS.

- Do not travel to or from other prefectures until May 31. (Refrain from traveling to other prefectures for personal business.) Think carefully about traveling to or from Hokkaido, Tokyo, Chiba Prefecture, Saitama Prefecture, and Kanagawa Prefecture from June 1 to June 18. (Refrain from traveling to or from these prefectures for personal business.)
- A high temperature or flu-like symptoms (cough, sneeze, runny nose, sore throat), breathing difficulties, or extreme fatigue
  You must contact the inquiry counter of your department (major) listed in “Contact us” at the end of this document. If you are feverish, you must remain at home for extra 24 hours from the recovery from symptoms.
  Note: Those with symptoms caused by hay fever are not subject to the restriction.
  Note: If you experience a sudden loss of smell or taste, you could have coronavirus and infect those around you. Do not go to hospital immediately unless you have a fever, coughs, breathing difficulties, or phlegm. Refrain from going out and stay at home and rest for two weeks or so. You may regain your sense of smell or taste in time. See an ear, nose, and throat (ENT) doctor if you do not have any other symptoms, but do not regain your sense of smell or taste after two weeks.
- 14-day self-isolation for all arrivals from overseas and other prefectures
  Everyone arriving in Japan or traveling to Kochi Prefecture from other prefectures is required to contact the inquiry counter and self-quarantine for 14 days. Stay at home and keep monitoring your health every day.

If you have the following symptoms, contact the New Coronavirus Health Consultation Center (Kochi Prefecture: 088-823-9300). (You may still contact the center even if you do not have any symptoms.)
- Breathing difficulties, extreme fatigue, or a high temperature
- Underlying health conditions, high risk of developing serious complications, and mild flu-like symptoms (fever, cough)
- You do not have any of the above symptoms, but persistently have mild flu-like symptoms (fever, cough).
  (You must contact the above center if your symptoms persist for four consecutive days or more. You must contact it immediately if you have severe symptoms or have to take antipyretic to reduce temperature.)
Kochi University will partly relax its Guidance on Infection Prevention and Control for Covid-19 Third report. This is in line with the fact that no one in Kochi Prefecture, including Kochi University students and staff, has been reported to be infected with COVID-19 since April 30, that the request of the Governor of Kochi Prefecture to refrain from any non-essential and non-urgent outings has been lifted, and that the declaration of state of emergency in Kochi Prefecture has been lifted. To protect your health and safety and continue to prevent the spread of COVID-19, Kochi University asks all the students to comply with the following Guidance and study the classes of the first semester.

1. General policy
Kochi University will implement measures to help prevent the spread of COVID-19 along with carrying out the classes of the first semester. You are strongly advised to comply with the following items.

**Lectures and seminars will be carried out online until September 30 and experiments and practices may be carried out face to face. You are allowed to come to campus only if you need to do so to attend face-to-face experiments or practices or for your study or campus life needs. You should restrict your movements as much as possible while on campus and go home as soon as you finish your business.**
(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/]

2. Change in the schedule
**Preparation of network environment**

- Make sure you have access to the internet for remote learning. (Online classes etc. are expected to continue in the second semester.)

  - 90 minute-online class requires approximately 100 MB (sound only) to 1 GB (high quality video streaming) of data transmission and an increase in internet usage is also estimated for preparation of tasks and other works, which would result in transmitting approximately 50 GB monthly. Therefore, students are recommended to use an optical network or other network without the data volume cap. When using the Pocket Wi-Fi or mobile networks, such as smartphones, we recommend you contracts equipped with the option for free data transmission up to 50 GB.

- Classrooms and other in-campus facilities in which the intra-university network is available will be closed to prevent infection. Avoid using free Wi-Fi in public places as it will increase the chances of infection.
- If you find a difficulty in studying online at home due to a lack of network environment or other reasons, contact the inquiries counter of each department.

**Lectures and seminars**

- All the classes of the first semester will **not be carried out in face-to-face** but via synchronous or asynchronous online classes or working on tasks and report submission (hereinafter referred to as “online classes, etc.”).

- The examination period of the first semester (from August 3 (Mon.) to August 7 (Fri.)) will remain unchanged.

- Please check KULAS for information on how the examinations will be conducted.
The period after the examination period till August 31 will be the makeup class period. Classes to be offered during the makeup class period will be announced via KULAS.

Experiments and practices
- Based on prudent judgment to consider safety as a top priority and after safety measures have been taken, face-to-face experiments and practices may be carried out as follows:
  * The subject, date and time of the practice/experiment, and how to attend will be notified via KULAS by two weeks before the practice/experiment at the latest.
  * Measure and record your body temperature over the two weeks till the practice/experiment and report your health condition in advance to the faculty member in charge of the practice/experiment. Students who have a fever or cold symptoms (coughs, sneezes, runny noses, sore throats) in the morning when the practice/experiment is due to start are not allowed to attend.
  * If you are going to be absent from a class for the above reason, your absence will be treated as an “exception absence.” So, be sure to contact the inquiry counter.
  * Students staying in prefectures other than Kochi Prefecture must not travel to Kochi Prefecture but must follow the instruction of the faculty member in charge of the class if a request to refrain from traveling to and from other prefectures is in force in the prefectures they are staying as well as in Kochi Prefecture. (The students will not be disadvantaged in this case.)

Experiments etc. for degree theses
- Students may be allowed to attend experiments and the like (including seminars) for graduation, master’s degree, or doctoral degree theses as a result of consultation with the faculty member in charge and the approval of respective department head has been obtained.

Other matters
- You must contact the inquiry counter of your department when the cancellation of subjects you need to take might impact negatively on your graduation or qualification for graduation thesis preparation.
- 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. Use of Library and Information Technology
   The Library will re-open on Wednesday, May 27, with reduced opening hours. Library services will be limited to lending and photocopying library books and materials, printers for students’ use, and ILL service (requests for external literature photocopying and lending/borrowing service). No Wi-Fi connection will be available in the Library. There are also other points to note when using the Library. Please check announcements from the Library for more information.

4. Job hunting and internships
- As a general rule, you should search for a job online.
- Do not travel to the areas where the request to refrain from traveling to and from other prefectures is in
force, to look for a job or to undertake an internship.

- Inform the Career Planning Office if you look for a job or to undertake an internship outside Kochi Prefecture after the request to refrain from traveling to and from other prefectures has been lifted.
- If you have traveled to Kochi Prefecture, you need to stay at home for two weeks and keep monitoring your health every day. Therefore, if you look for a job or undertake an internship outside Kochi Prefecture, you should first check your synchronous online class, experiment, and practice schedule and organize your job hunting or internship schedule.
- Face-to-face support for employment (including internships) given by the Career Planning Office and your department is scheduled to be resumed in stages in or after June. Please check our messages posted on KULAS for more information.

5. Club and sport activities

Club and sport activities (including inter-varsity games, away games, and residential trips) and use of club and sport activity facilities (including club houses) are not allowed unless an implementation plan (including safety measures) is submitted to and approved by the Student Support Division or the Student Affairs Section.

6. Study-related accommodation

- Students should contact the Office for the promotion of inclusion and accessibility at the Student General Support Center if they wish to talk to someone about accommodations for studying if they are at high risk of developing serious complications if infected due to having chronic or underlying diseases.
- Students should feel free to contact the Student Counselling Room or the inquiry counter of their department if they have concerns about campus life (e.g. financial problems) or worries about studies.

7. General policies for COVID-19 control on campus and in everyday life

- Avoid the “Three C’s” below, based on the Basic Policies for Novel Coronavirus Disease Control by the Headquarters for Novel Coronavirus Disease Control.
  1) Closed spaces (avoid confined spaces with poor ventilation)
    → Open the windows once every half hour to ventilate the room (open the windows and doors for at least 10 minutes)
  2) Crowded places (where large numbers of students gather close enough to touch each other. Includes where they eat and drink)
    → Maintain a 2 m (or at least 1 m) distance from each other as much as possible. Keep a safe distance between each other when seated (e.g. leave every second seat empty.).
  3) Close-contact settings (such as close-range conversations)
    → Avoid sitting face to face as much as possible when you talk to someone and do not talk in close proximity with others, even if wearing masks.
- 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.

- Avoid having a meal face to face.
- Frequently wash your hands thoroughly with soap and running water (for at least 30 seconds). When you are at a location where alcohol antiseptic solution is available, be sure to sanitize your hands.
- Take measures to prevent infection before you go out for moderate physical exercise or to refresh yourself.
- For the time being, keep self-monitoring your health e.g. Taking a temperature every morning.
- Avoid unnecessary, non-urgent trips to and from other prefectures and cancel traveling to areas under the request of refraining from leaving residence issued by respective governor and returning to your hometown if designated as such area.
- For the time being, avoid visiting restaurants, karaoke establishments, and live music clubs for entertainment purposes. Also avoid working part time in such places.
- Avoid visiting shops and facilities where no appropriate measures to prevent infection are put in place (e.g. antiseptic solutions provided, sales assistants wearing masks, ventilation, measures to avoid the Three C’s). Also avoid working part time in such places.
- Cancel social gatherings and events. Refrain from attending them. Do not attend social gatherings or events where no appropriate measures to prevent infection are put in place.
- 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.
- 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.

8. If anyone on campus tests positive for COVID-19

Note: Please read the following conditions. Contact University Consultation Desk (9) for advice if any of the situations described in 1) to 4) below applies to you.

- Keep a record of your actions in case anyone on campus is or you are confirmed to be in close contact with an infected person or infected with COVID-19.
- You must inform the University Consultation Desk when you take a PCR test or receive your test results.

1) If you have coronavirus symptoms
   - The local public health centre will conduct a test (hospitalization, isolation, etc.).
   - We will contact your parents (or guardians) if we know you have it.
   - The local government will ask you to help track the outbreak.
2) 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 (self-quarantine for two weeks, etc.)
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).
3) If you THINK you might have been in close contact of a person with confirmed COVID-19 infection
- Do not come to campus. You are asked to stay at home for six days from the last contact with the person at the discretion of your department head. When you are in campus, immediately return home and stay home to see if any symptom develops.
4) If you have been in close contact of a person who have been in close contact of a person with COVID-19
- During the period until the person who had been in close contact of a person infected with COVID-19 has been confirmed to be negative, you are asked to stay at home at the discretion of your department head. When you are in campus, immediately return home and stay home to see if any symptom develops.
5) 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.

9. Contact us
Refer to the contact points listed in “Kochi University’s Response to COVID-19” available at the University website (http://www.kochi-u.ac.jp/_files/00139069/20200501_E.pdf) for details.

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, Science Program, Applied Science Program
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: 088-880-2263
(Monobe) Faculty of Agriculture and Marine Science, Agriculture and Marine Science, Agricultural Science
    Phone: 088-864-5168
Kuroshio Science
    Phone: 088-864-5116

☐ 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.

☐ Other matters

    Student Counselling Room     Phone: 088-888-8010

☐ 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