For Students

Guidance on Infection Prevention and Control for Covid-19
Sixth report
(October 1–)

You are allowed to come to campus if you need to do so for your study or campus life needs, but you should restrict your movements as much as possible while on campus and go home as soon as you finish your business.

Members of the public (e.g. working professionals, high school students, etc.) may come to campus for teaching license renewal training, high school-university collaborative projects, or entrance examinations. Please be assured that adequate infection prevention and control measures will be taken before their visits.

There are no restrictions on traveling to or from other prefectures, but you should note the following:
- Refrain from traveling to or from "infection spread areas*.
- Refrain from traveling to such regions for business or pleasure or to visit your family now and during holiday periods.
- Make a note of who you met and where in case you develop symptoms.
- Pay attention to COVID-19 situation in the area you are staying.

If you travel within Japan, you should check COVID-19 situation at your destination. Refrain from traveling to "infection spread areas*.” If you have traveled to infection spread areas under unavoidable circumstances, stand by at home for follow-up observation for 14 days following the day on which you have travelled to Kochi Prefecture.

Moreover, if you have traveled to regions in which COVID-19 is widespread other than infection spread areas, please pay attention to your health condition for 14 days following the day on which you have moved to Kochi Prefecture to see if any symptom develops.

* Absence will not bring any disadvantage to their academic performance during the standing-by period.

For overseas traveling, please see “6. Traveling overseas and acceptance of researchers and the like returning from overseas or those from overseas” of the “Kochi University’s Response to COVID-19 (Report No. 10)

When you arrive in Japan, follow quarantine officials’ instructions. Do not come to campus for 14 days after your entry to the country. We will review the situation on a case-by-case basis when travel advisory levels issued by the Japanese government or the Ministry of Foreign Affairs are lowered and restrictions on traveling to and from other countries and regions are eased.

You may use COVID-19 Contact-Confirming Application (COCOA) recommended by the Ministry of Health, Labour and Welfare if you agree to the terms of use.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00138.html

The symptoms of COVID-19 are diverse: a high fever, respiratory symptoms (e.g., cough, sore throat, running nose and blocked nose), headache, fatigue, diarrhea, nausea, etc. If you experience any of the aforementioned symptoms, please undergo a diagnosis at the nearest medical institution cooperating with tests or see your primary doctor after making a reservation by phone without fail. When you undergo a diagnosis, you will be required to wear a mask without fail and to follow the instructions of the relevant medical institution.

For more information on medical institutions, please see [Medical institutions cooperating with tests for COVID-19 within Kochi Prefecture] on the website of the government of Kochi Prefecture.
(https://www.pref.kochi.lg.jp/soshiki/130401/cov19_kensakyouryoku.html)
**Definition of “infection spread area”:** Prefecture in which the number of newly infected persons during the most recent seven days is 15 or more per 100,000 persons of the population (depending upon “Indicators for Stage 3 (Rapid increase of infected persons)” for infection status organized by the Government Subcommittee on COVID-19 Measures)

Please check the status of each prefecture using the following webpages, etc.
https://hazard.yahoo.co.jp/article/20200813#number

**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.**

[Website of Kochi University: http://www.kochi-u.ac.jp/]

During the second semester, we will resume face-to-face classes for some subjects. 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 undertake the classes of the second semester.

1. **Method of implementation for classes, etc.**

**Period and hours for classes**
- **Period for classes:** October 2 (Friday) to January 24 (Sunday)
- **Hours for classes:** In order to avoid the “Three Cs” (i.e., closed spaces with poor ventilation, crowded places with many people nearby, and close-contact settings such as those in close-range conversations) in dining halls on campus, the lunch break will be extended for 20 minutes as follows.
  - First period: 8:50 to 10:20
  - Second period: 10:30 to 12:00
  - (Lunch break: 12:00 to 13:30)
  - Third period: 13:30 to 15:00
  - Fourth period: 15:10 to 16:40
  - Fifth period: 16:50 to 18:20
  - Sixth period: 18:30 to 20:00

**<Lectures, seminars, experiments, practices, activity courses, etc.>**

After undertaking measures against COVID-19 (e.g., avoidance of the “Three Cs”), face-to-face classes (including combined use of face-to-face classes and online classes (i.e., hybrid type)) will be implemented. However, in order to secure social distancing, students will be seated leaving spaces between them of about 1 m in classrooms. Thus, the accepted capacity for classrooms will be about 1/3 of the normal accepted capacity. Accordingly, it will be difficult to implement all classes in a face-to-face manner. Thus, classes will be implemented based on the following classification.

Targeted subjects implemented in a face-to-face manner (including classes conducted through combined use of face-to-face and online formats)
- First-year Subjects (Instruction to University Learning, Instruction to University Research, Task-based Practical Seminar, First-year English, English Conversation, and Information Processing) and General Education Subjects in the form of seminars
- Undergraduate Major Subjects and Graduate School Subjects
* After course registration, online classes may be implemented if allocation of classrooms is difficult or based on the judgement of faculty members in charge.
* When taking online classes, please also use the “Learning Tips Supporting Your Learning—Online Class Bible” issued by the Center for Higher Education Development at Kochi University for reference.

○ Perform the following measures for face-to-face classes.
  1) Health management
  2) Wearing of a mask
  3) Sanitization around your seat
  4) Being seated while leaving a space of 1 m or more between people (following information posted within classrooms or instructions by faculty members)
  5) Cooperation for ventilation in classrooms
* Please follow the instructions of faculty members in addition to notable matters determined on each campus.

○ The number of classrooms used for lectures is limited. Thus, when face-to-face classes overlap within the same period, allocation of classrooms and implementation of online classes may be adjusted among faculties for starting classes.
○ It should be noted that face-to-face classes may be changed to online classes if infection spreads, worsens, etc.

*Network environment*

○ It is assumed that both online classes and face-to-face classes must be used, and that there may be cases in which face-to-face classes must be changed to online classes due to future infection spread. Thus, make sure that your network environment is well prepared so that you can take online classes at home.
* When you take an online class, data traffic of about 100 MB (sound only) to 1 GB (high-quality video communication) per 90-minute class will accrue. Moreover, needs for the use of the Internet may increase for completion of assignments and for other reasons, and a large volume of data traffic may be necessary. Thus, it is recommended that lines without any restriction on data traffic, such as optical communication lines, be used.

○ The following classrooms will be opened to allow students to use the intra-university network. (Classrooms and hours of use are subject to change according to the usage status.)

<table>
<thead>
<tr>
<th>Campus</th>
<th>Classroom Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asakura Campus</td>
<td>Each classroom on the second floor of Common Education Building No. 3 (Seating capacity: About 90 in total) (8:30 to 18:20 on weekdays)</td>
</tr>
<tr>
<td>Oko Campus</td>
<td>Medical Course: Lecture Room No. 1 on the first floor of the Lecture Building (Seating capacity: About 60)</td>
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<tr>
<td></td>
<td>Nursing Course: Lecture Room No. 1 on the first floor of the Science of Nursing Building (Seating capacity: About 30) (8:30 to 18:20 on weekdays)</td>
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<tr>
<td>Monobe Campus</td>
<td>4-1-13 Lecture Room on the first floor of Building No. 4 (Seating capacity: About 20) (8:30 to 18:20 on weekdays)</td>
</tr>
</tbody>
</table>
(1) Markings on the seats where students can sit are displayed in the classroom. (Seats where students can sit are indicated to maintain at least a 1 m distance from each other.)

(2) Disinfect the desk, chair, etc. before and after use. (Alcohol sanitizers and wipes will be provided in the classroom.)

(3) Refrain from using Wi-Fi in spaces shared in dormitories and free Wi-Fi spots in towns, cafes, etc. that would constitute a cause for infection spread due to the “Three Cs”.

* Opening of classrooms may be restricted due to future infection spread.

<Regular examination>

○ Examination period of the second semester: January 25 (Mon.) to February 5 (Fri.)

○ If written examinations are conducted face to face, students will be notified of the details of the examinations via KULAS at least three weeks before the examinations.

<Experiments etc. for degree theses>

○ Students will 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 in accordance with the implementation policy of their departments, provided that adequate infection prevention and control measures are taken.

<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 as early as possible.

○ 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.

2. Use of Library and Information Technology

The opening hours of the Library and Information Technology is from 8:30 to 20:00 (9:00 to 20:00 for the Medical School Branch only) on weekdays. The opening hours on Saturdays and Sundays will vary from campus to campus. Please check the Library's website. Wi-Fi will be available in part in the Library, but in order to avoid the Three Cs, the number of seats within the Library and the fixed number of persons in Group Study Rooms, as well as the number of PCs in the Education Terminal Room (Central Building) and the Information Browsing Room (Monobe Branch), will be reduced. (Such environment will be changed according to the future usage status.) Please see library announcements for more information on points to note about entering the Library.

Central Building: http://www.lib.kochi-u.ac.jp/library/chuokan/
Medical School Branch: http://www.kochi-ms.ac.jp/~of_librry/tosyokan.htm
Monobe Branch: http://www.lib.kochi-u.ac.jp/library/nobun/
3. Job hunting and internships
- As a general rule, you should search for a job online.
- Think carefully about traveling to infection spread areas to look for a job or to undertake an internship.
- Inform the Career Planning Office (the career counselor on each campus) if you look for a job or to undertake an internship outside Kochi Prefecture.
- Please check our messages posted on KULAS for more information on face-to-face support for employment (including internships) given by the Career Planning Office and your department.

4. Club and sport activities
Before carrying out club and sport activities (including inter-varsity games, away games, and residential trips), an implementation plan (including safety measures) must be submitted to and approved by the Student Support Division or the Student Affairs Section to confirm infection prevention and control measures will be taken. The same procedure must be followed when using club and sport activity facilities (including club houses) or classrooms.

If people are infected through club and sport activities, this will result in the easy spread of infection. Please be cautious about each other so as to prevent infection, and act carefully. In particular, refrain from holding or participating in get-together meetings or conferences involving eating and drinking, on or off campus.

5. Study-related accommodation
- Students should contact the Office for the promotion of inclusion and accessibility at the Center for General Student Support 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.
- The “Karafuru Palette” Campus Life Support Room will be transferred to the former Multi-purpose Room (first floor of General Education Building No. 1), and it will be open on October 2 (Friday). Please feel free to use it.

6. General policies for COVID-19 control on campus and in everyday life
- Practice a “new lifestyle” announced by the Ministry of Health, Labour and Welfare to prevent the spread of coronavirus. See Practical Examples for “A New Lifestyle” for Prefectural Citizens at the end of this Guidance.
- You are not allowed to come to campus for study if you are infected with COVID-19, have been in close contact with an infected person, have a high temperature or flu-like symptoms (cough, sneeze, runny nose, sore throat), breathing difficulties, or extreme fatigue, or are suspected of having become infected with COVID-19. You must contact the inquiry counter of your department (the administrative office of your department). If you have a fever, you must stay at home for at least 24 hours until your temperature has gone down and your flu-like symptoms have improved.
- 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) and restaurants, karaoke establishments, and live music clubs for entertainment purposes. Also avoid working part time in such places.
There are restrictions on social gatherings and events. Please see the "Kochi University’s Response to COVID-19 (Report No. 10)" for more information.

The University will not support or co-host social gatherings or events where the implementation of infection prevention and control measures cannot be checked.

Refrain from taking part in social gatherings or events where no infection prevention and control measures are taken.

Please see the "Kochi University’s Response to COVID-19 (Report No. 10)" for other points to note.

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

* If any of the following 1) through 4) is applicable, please report the information to such effect to the contact points of 8. without fail.

◆ For preparation for cases in which an infected person or a person having been in close contact with such person has been confirmed on campus, in which you have been identified as a person having been in close contact with an infected person, or in which you have been infected with COVID-19, you should record your own behaviors.

◆ If you have taken a PCR test or have learned the result of such test, please report to such effect to the contact points without fail.

1) If you have been infected with COVID-19

○ Responses will be made based on instructions of the public health center (e.g., hospitalization and quarantine/isolation).

○ When the University has learned of an infection, the University will contact the relevant person’s parents/guardians.

○ Please cooperate with identification of infection routes and persons having been in close contact, etc. conducted by local governments.

2) If you have been identified as a person having been in close contact with an infected person

○ Responses will be made based on instructions of the public health center (e.g., stand by at home for two weeks)

○ Even if you have obtained a negative test result, you will be required to stand by at home for two weeks after having been in close contact with an infected person as a precautionary measure.

Please cooperate with identification of secondary contacted persons (i.e., persons having been in close contact with you (a person having been in close contact with an infected person)), etc.

3) If you are suspected of having been in close contact with an infected person

○ Even if you have not been identified as having been in close contact with an infected person, when you have been likely to be in contact with such person, you will be prohibited from coming to the University for six days based on the judgment of your department head.

Please promptly return home if you are at the University and stay at home, etc. to see if any symptoms develop for follow-up observation.

4) If you have been in close contact with a person having been in close contact with an infected person (i.e., secondary contacted person)

○ During the period until the person having been in close contact with an infected person has obtained negative test results, you will be prohibited from coming to the University based on the judgment of your department head. Please promptly return home if you are attending
the University and stay at home, etc. to see if any symptoms develop for the follow-up observation.

5) If an infected person has been found on campus
   ○ In accordance with the instructions of the public health center, closed areas, etc. will be established and sanitization will be conducted. Information on relevant closed areas, termination of such areas, etc. will be reported via KULAS.

8. 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/kikikanri/COVID-19TOP.html).
Practical Examples for “A New Lifestyle” for Prefectural Citizens

(1) Basic Infection Prevention Measures for Individuals

- Keep a safe distance
- Wear a mask
- Wash your hands
- Prefer outdoor activities over indoor activities.
- If you must have conversation, avoid facing each other as much as possible.
- When going out, staying inside, or talking, wear a mask even if you have no symptoms.
- Wash your hands and face as soon as you return home. Change and shower quickly.
- Wash your hands for 30 seconds with soap and water (you can also use disinfectant).
- Monitor your health more strictly when meeting with high-risk individuals such as seniors or people with chronic illnesses.

Infection Prevention Measures when Travelling

- Avoid going to and from locations where infections are prevalent.
- Avoid going back to your hometown or travelling. Only go on necessary business trips.
- Take notes of who you meet and where you go in case you become infected.
- Take notice of local infections.

(2) Basic Infection Prevention Measures in your Daily Life

- Wash and disinfect your hands often
- Cover your coughs
- Air out rooms often
- Keep your distance from others
- Avoid the 3Cs (Closed spaces, crowded places, close contact)
- Take your temperature every morning. If you have a fever or cold symptoms, stay home and rest.

(3) Lifestyle Measures

Shopping
- Also use online shopping
- Go alone or in a small group at off-peak hours
- Use electronic payment systems
- Plan ahead and shop quickly
- Avoid touching samples or products
- Distance yourself from others in line

Using Public Transport
- Avoid conversations
- Avoid crowded times
- Try to walk or use a bicycle

Dining
- Use takeout and delivery services
- Enjoy eating outside
- Avoid shared plates, order small dishes
- Sit next to each other and not facing
- Focus on the food, avoid conversation
- Do not pass drinks around

Entertainment, Sports, etc.
- Choose empty areas and times at parks
- Use video at home for weight training or yoga
- Jogging should be done in small groups
- Be kind and give space when passing by others
- Make reservations to make things easier
- Do not extend your stay in small rooms
- Keep your distance when singing or cheering, or do it online

Funerals and other Family Events
- Avoid dining with many people
- Do not participate if you have a fever or experience cold symptoms

(4) New Work Styles

- Telework and rotation commuting
- Staggered commuting
- Keep space in the office
- Online meetings
- Share business cards online
- Air out rooms and wear masks when meeting in person