For Students

Guidance on Infection Prevention and Control for Covid-19
Seventh report
(December 14–)

- 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 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:
  
  If you travel within Japan, you should check the COVID-19 situation at your destination. Refrain from traveling to “infection spread areas*.” If you have traveled to infection spread areas under unavoidable circumstances, you are prohibited from coming to the campus. Therefore, stand by at home for follow-up observation for 14 days following the day on which you have traveled to Kochi Prefecture.
  
  Moreover, if you have traveled to regions in which COVID-19 is widespread other than infection spread areas*, please record your body temperature and avoid coming into contact with other persons to the maximum extent possible for 14 days following the day on which you have moved to Kochi Prefecture to see if any symptom develops. If you have come into contact with others, record the person(s) with whom and location(s) in which you have come into contact and pay attention to your health condition during such period.
  
  * Giving consideration to education, absence will not bring any disadvantage to their academic performance during the standing-by period. (The period for which you are prohibited from coming to the campus due to travel for a reason targeted for exception absence will be treated as a period of exception absence.)

- Please see Kochi University’s Response to COVID-19 (Report No. 11) (December 14, 2020) for details related to overseas travel.

- When you arrive in Japan, follow quarantine officials’ instructions. Do not come to campus for 14 days after your entry to the country.

- 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.
  
  COVID-19 Contact-Confirming Application (website of the Ministry of Health, Labour and Welfare)
  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.

  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)

- If you are subject to the PCR test, after you contact the administrative office of your department without fail, follow instructions by a public health center, hospital, or the like.
* 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

Please check prefecture statuses via the following web pages.
https://hazard.yahoo.co.jp/article/20200813#number

Accompanying the spread of infection within Kochi Prefecture after the end of November, it has been determined that phase 1 in the Implementation Policy for Educational Research Activities Accompanying Spread of the COVID-19 Infection would be changed to phase 2. Undertake actions corresponding to phase 2 by paying attention to the following matters. Moreover, thoroughly continue the COVID-19 infection control even during the year-end and New Year holidays and winter vacation.

Additionally, we may make further demands or increase the phase number in cases in which infected persons are present within the campus and depending upon circumstances. Check the latest information at the website or KULAS.

1. Classes, etc.
   ○ We will start classes on January 5 (Tues.) after the New Year holidays.

   <Lectures and seminars>
   ○ Accompanying the change to phase 2, lectures and seminars on or after December 14 (Mon.) will be implemented online.

   <Experiments, practices, and activity courses>
   ○ After undertaking safety measures against COVID-19, face-to-face classes for experiences, practices, and activity courses may be implemented.
     * Information on corresponding subjects, opening period, and implementation methods will be reported via KULAS.
     * Measure and record body temperature on a daily basis and report your approximately-two-week health condition prior to opening classes to faculty members in charge of classes beforehand. If you have a high temperature or cold-like symptoms (i.e., cough, sneeze, runny nose, or sore throat), you will not be allowed to take classes. Absence in such case will be treated as an exception absence in conformance with cases of influenzas, etc. Thus, contact the administrative office of your department without fail.
     * Students staying outside the prefecture will not be allowed to move to Kochi Prefecture if certain demands have been made concerning traveling cross the prefecture. Please follow instructions from faculty members in charge of classes. (This will not constitute a disadvantage for the students.)

   <Regular examination>
   ○ The examination period of the second semester (January 25 (Mon.) to February 5 (Fri.)) will not be changed.

   ○ Regular examinations will be held without the need to come to campus, in principle. 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 be allowed to attend experiments and the like (including seminars) for graduation, master’s degree, or doctoral degree theses after sufficient consultation with the faculty members in charge with permission by their department heads.
<Other matters>
- Please contact the administrative office of your department when the cancellation of subjects you need to take might impact negatively on your graduation or qualification for graduation thesis preparation without fail.
- 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.
- The following classrooms will be opened to allow students to use the intra-university network. 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.”
  
  Available days: Weekdays except for December 28 (Mon.) through January 4 (Mon.) and January 13 (Wed.) through 15 (Fri.)

<table>
<thead>
<tr>
<th>Campus</th>
<th>Description</th>
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<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 a.m. to 6:20 p.m.)</td>
</tr>
</tbody>
</table>
| Oko Campus        | Medical Course: Lecture Room No. 1 on the first floor of the Lecture Building (Seating capacity: About 60) (8:30 a.m. to 6:20 p.m.)
|                   | Nursing Course: Lecture Room No. 1 on the first floor of the Science of Nursing Building (Seating capacity: About 30) (8:30 a.m. to 6:20 p.m.) |
| Manobo Campus     | 4-1-13 Lecture Room on the first floor of Building No. 4 (Seating capacity: About 20) (8:30 a.m. to 6:20 p.m.) |

- **On the Asakura Campus**, for venue preparation and examination implementation for the Common Test for University Admissions taking place on January 16 (Sat.) and 17 (Sun.), during the period from January 13 (Wed.) through 17 (Sun.), students will not be allowed to enter the Common Education Buildings and the Student Union Hall. Additionally, during such period, students will not be able to take online classes in classrooms of the Common Education Buildings. Therefore, take such classes at home, etc. Follow instructions from persons in charge of synchronous online classes when you take them.

### 2. Use of Library and Information Technology

You are allowed to use the library; however, please see news posted on the library webpage concerning temporary closure, change of opening hours, and points to note for use.

- Main Library: 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. Health Service Center

When you desire to undergo health consultation (including mental health consultation), diagnoses, etc., you are requested to contact the Health Service Center via phone or email beforehand without directly visiting. Please refer to news posted on the webpage (https://www.kochi-u.ac.jp/hokekan/) of the Health Service Center.

Opening days and hours:

- Weekdays except for December 28 (Mon.) through January 4 (Mon.) and January 13 (Wed.) through 15 (Fri.)
4. Job hunting and internships

○ As a general rule, you should search for a job online.

○ Refrain from looking for a job or taking an internship by actually visiting infection spread areas or regions in which infection is being spread except under unavoidable circumstances. Inform the Career Planning Office (the career counselor on each campus) if you look for a job or undertake an internship outside Kochi Prefecture.

5. Club and sport activities (including external matches, away games, training camps, and the like)

○ It is prohibited to undertake club and sport activities (including external matches, away games, training camps, and the like) and to use extracurricular activity facilities (including club rooms, etc.) except when you have submitted an application form for permission to engage in activities (including information on safety measures) to the Student Support Division or the Student Affairs Section and have obtained approval for the same. Even when you have already obtained permission for resumption of activities, you will be required to resubmit the aforementioned application form. Please see "Restriction on extracurricular activities during the period for the year-end and New Year holidays and winter vacation" (December 4) for details.

Additionally, extracurricular activities specially permitted including indoors will be also prohibited during the period January 16 (Sat.) and 17 (Sun.).

6. 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 administrative office of your department or the Student Counselling Room if they have concerns about campus life (e.g. financial problems) or worries about studies.

7. Daily life

○ Please measure your body temperature every morning. If you experience a fever or symptoms of a cold, you will be prohibited from visiting or attending work at the University.

○ Please endeavor to prevent infection by (i) keeping a distance of two meters (or at least one meter) from other people; (ii) wearing a mask; and (iii) the encouragement to wash your hands, apply hand sanitizer, and rub your hands well.
Please 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 addition to the above, please undertake infection prevention and control measures as shown the Practical Examples for “A New Lifestyle” publicly announced by the Ministry of Health, Labour and Welfare.

Practical Examples for “A New Lifestyle” (website of the Ministry of Health, Labour and Welfare)
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_newlifestyle.html

Please refrain from entering stores and/or facilities for which appropriate measures for infectious diseases (e.g., placement of sanitizers, staff members’ wearing of masks, ventilation, and measures for avoidance of Three Cs) have not been undertaken, including for the purpose of working at part-time jobs.

Please refrain from entering restaurants/bars for entertainment, karaoke boxes, and live music clubs for the time being, including for the purpose of working at part-time jobs.

Refrain from meals with people other than family members, from outings at night, and from going to restaurants offering liquor.

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

COVID-19 Contact-Confirming Application (website of the Ministry of Health, Labour and Welfare)
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00138.html

There are examples for “5 situations” that increase the risk of infection (e.g., long meals in large groups). Therefore, please undertake infection control measures in reference to such information as well.

“5 situations” that increase the risk of infection (webpage of Cabinet Secretariat)
https://corona.go.jp/proposal/

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

* If any of the following 1) through 4) is applicable, please report to such effect to the administrative office of your department 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.

◆ Anyone could be infected by COVID-19. You must strictly refrain from words and deeds that slander or criticize an infected person or a person having been in close contact with an infected person.

◆ It is a natural reaction for you to feel uneasy and insecure due to COVID-19 news release and daily life changes. It is recommended that you share your uneasy and insecure feelings by contacting your friends and family.
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.

(Contact points: Administrative office of your department)

<table>
<thead>
<tr>
<th>Faculty of Humanities and Social Sciences</th>
<th>Email: gm15★kochi-u.ac.jp</th>
<th>Phone: 088-844-8649</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humanities and Social Sciences Program</td>
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<tr>
<td>TSP (International Education Program)</td>
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<tr>
<th>Faculty of Education, Education Program, Program for Advanced Professional Development in Teacher Education</th>
<th>Email: gm16★kochi-u.ac.jp</th>
<th>Phone: 088-844-8653</th>
</tr>
</thead>
</table>

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<tr>
<th>Faculty of Science and Technology, Faculty of Science, Science and Technology Program, Science Program, Applied Science Program, and TSP (Green Science Education Program)</th>
<th>Email: gm17★kochi-u.ac.jp</th>
<th>Phone: 088-844-8742</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical School</td>
<td>Email: ia21★kochi-u.ac.jp</td>
<td>Phone: 088-880-2262</td>
</tr>
</tbody>
</table>
## Medical Science Program, Nursing Science Program, Medicine Program

| Email: ia20★kochi-u.ac.jp | Phone: 088-880-2263 |

## Faculty of Agriculture and Marine Science, Agriculture and Marine Science Program, Agricultural Science Program, TSP (Life and Environmental Education Program)

| Email: km12★kochi-u.ac.jp | Phone: 088-864-5168 |

## Kuroshio Science Program

| Email: km14★kochi-u.ac.jp | Phone: 088-864-5217 |

## Faculty of Regional Collaboration, Regional Collaboration Program

| Email: gm24★kochi-u.ac.jp | Phone: 088-844-8903 |

Please change “★” to “@” when sending email.

- During the period from December 26 (Sat.) through January 3 (Sun.), if you are subject to a PCR test, it is requested that you email the aforementioned contact information or contact the Security Office (088-844-8320) by phone.