

For Students (New and Current Students)
Guidance on Infection Prevention and Control for Covid-19
Eighth report (revised)
(April 1–)
(Revised text is in blue)

- **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. 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:**
 - (1) If you travel, you should check the COVID-19 situation at your destination and **refrain from traveling to “infection spread areas*.”**
 - (2) **Traveling to areas which fall into an “infection spread area*” and under the declaration of a state of emergency (including those issued by municipality) is not allowed in principle** (refrain from it for private purposes).
 - (3) If you have traveled to infection spread areas under unavoidable circumstances (excluding cases where you have passed such areas while traveling to your destination) **stand by at home for follow-up observation for 14 days** following the day on which you have traveled to Kochi Prefecture.
 - (4) If you have traveled to regions in which COVID-19 is widespread other than “infection spread areas*”, pay attention to your health condition for 14 days following the day on which you have traveled to Kochi Prefecture.
 - ☞ Given 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. 12 (revised))” (March 31, 2021) for details related to overseas travel and entrance into Japan.
- 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 advised to take a PCR test, please **report it to the administrative office of your department without fail** and follow the public health center's or hospital's instructions.

* 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://web.sapmed.ac.jp/canmol/coronavirus/japan.html?y=0>
<https://hazard.yahoo.co.jp/article/20200813#number>
<https://www3.nhk.or.jp/news/special/coronavirus/data/#latest-weeks-card>

New cases are decreasing in Kochi Prefecture, but there are concerns about a possible fourth wave and the spread of new variants. Currently, we are in **Phase 1** of the Implementation Policy for Educational Research Activities Accompanying Spread of the COVID-19 Infection. Please pay attention, however, to your health and safety and comply with this Guidance to continuously prevent and control COVID-19 infection.

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.

In the first semester of FY2021, classes, etc. will be held in the following way.

<Time schedule and semester period, etc.>

- Time schedule (same as that of the second semester in 2020)
 - First class: 8:50 a.m. to 10:20 a.m.
 - Second class: 10:30 a.m. to 12:00 p.m.
 - (Lunch break: 12:00 p.m. to 1:30 p.m.)
 - Third class: 1:30 p.m. to 3:00 p.m.
 - Fourth class: 3:10 p.m. to 4:40 p.m.
 - Fifth class: 4:50 p.m. to 6:20 p.m.
 - Sixth class: 6:30 p.m. to 8:00 p.m.
- Semester period: April 16 (starting classes) to July 31
The semester period will be 14 weeks, a week shorter than regular semesters. Academic activities for the week in short will be secured with supplementary classes and the like.
The date of orientation varies by department. Check it at KULAS.
- Examination period: August 2 to 6

<How to conduct undergraduate classes>

After undertaking infection prevention and control measures (avoiding three Cs, etc.) in classrooms to be used, we will implement face-to-face classes (including hybrid ones combining face-to-face and online). Nevertheless, the capacity of classrooms will decrease to one-third or a half of the normal condition to keep a distance of approximately one meter between each student, it will be difficult to implement all classes in face-to-face and, accordingly, the following rules will be introduced to implement classes.

(Lectures and seminars)

- The first year subjects of core curriculum will be implemented face-to-face in principle.
 - The liberal arts subjects of core curriculum subjects will be implemented asynchronously online (on-demand) in principle.
 - The major subjects will be implemented online (synchronous or asynchronous format) or in the hybrid format.
 - In case that a classroom equipped with infection prevention and control measures is available, the core curriculum subjects and major subjects may be implemented face-to-face.
 - When attending face-to-face classes, please follow the following rules. ([The same rules apply to face-to-face orientation.](#))
 - 1) Manage your health condition
 - 2) Wear a mask
 - 3) Disinfect your seat and surroundings
 - 4) Take a seat following the instruction put in the classroom or that of instructor (keep a distance of approximately one meter from the student sitting next to you)
 - 5) Cooperate in ventilation of classroom
- * Follow the important notices for each campus as well as instructions of your instructor.
- Please be understood that face-to-face classes might be switched to online classes when the COVID-19 infection expanded or got more serious.

Online classes

- 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 Saturday, Sunday, and holidays

Asakura Campus Each classroom on the second floor of Common Education Building No. 3 (Seating capacity: About 180 in total) (8:30 a.m. to 6:20 p.m.)

Okō 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.)

Monobe Campus 4-1-13 Lecture Room on the first floor of Building No. 4 (Seating capacity: About 35) (8:30 a.m. to 6:20 p.m.)

* Available classrooms may change.

- Make sure you have access to the Internet to attend online classes.

* A 90-minute online class needs approximately 100 MB (for audio transmission only) to 1 GB (for high quality video transmission) of data. Your data usage may increase as you do your coursework or use the Internet for other purposes and you may need approximately 50 GB of data per month. We recommend an optical network or other networks that offer unlimited data usage.

(Experiments, practices, and activity courses)

- Experiments, practices, and activity courses will be implemented face-to-face in principle. In case that we cannot undertake appropriate infection prevention and control measures, however, they may be implemented in other format.

* Check the time schedule and how to conduct with the syllabus.

* 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.)

<How to implement graduate subjects>

After undertaking infection prevention and control measures, we will implement face-to-face classes and research guidance in principle. There is, however, a possibility that classes and research guidance may be offered online.

<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, in accordance with the implementation policy of the department to which they belong, and undertaking COVID-19 infection prevention and control measures.

<Other matters>

- Please contact the administrative office of your department without fail when the cancellation of subjects you need to take might impact negatively on your graduation or qualification for graduation thesis preparation.
- We will inform you how to implement each class and details via the “Notification about lectures,” “Message,” or “News” functions of KULAS. Please check them as frequently as possible.

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_lbrry/tosyokan.htm

3. Health Service Center

You can visit the Center without prior notice for health consultation and diagnoses, etc. after checking that your body temperature is less than 37.5°C. When doing so, wearing of a mask is mandatory. If you are unable to check your body temperature because you do not have a thermometer or other reason, please consult beforehand. If you think you might have infected with COVID-19 or you have a symptom that should be consulted with the COVID-19 Health Consultation Center, please get a diagnose from a medical institution cooperating with tests for COVID-19 or contact with the COVID-19 Health Consultation Center.

The Center will be closed for certain period in the beginning of school year for health check-up. 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 Saturday, Sunday, and holidays

8:30 a.m. through 5:15 p.m. (10:00 a.m. through 4:00 p.m. for Monobe Branch Office)

(Asakura) Health Service Center: Phone: 088-844-8158, gs08★kochi-u.ac.jp

(Okō) Health Service Center, Oko Branch Office: Phone: 088-880-2581, gs11★kochi-u.ac.jp

(Monobe) Health Service Center, Monobe Branch Office: Phone: 088-864-5121, gs09★kochi-u.ac.jp

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

4. Job hunting and internships

- As a general rule, you should search for a job online.
- Behave based on due consideration when searching for a job or participating internship in an infection spread area.
- Inform the Career Planning Office (the career counselor on each campus) if you look for a job or undertake an internship outside Kochi Prefecture.
- Check the “Message” or “News” function of KULAS for details of the face-to-face job hunting support (including internship hunting) at the Career Planning Office and the department you belong to.

5. Club and sport activities (including external matches, away games, training camps, and the like) and new students club/society recruitment activities

- **Refrain from having social gatherings, welcome parties, or other meetings on or off campus where food and drinks are served.**
- You may spread the virus to others if you actively move around without knowing you have been infected. **Refrain from residential trips to welcome new students or as part of extracurricular activities.**
- Refer to “2021 Extracurricular activities” (March 16, 2021) and take appropriate infection prevention and control measures when carrying out extracurricular activities.
- Comply with “Important information on 2021 new students club/society recruitment activities” (March 16, 2021) when carrying out welcome activities for new students.

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.
- The “Karafuru Palette” Campus Life Support Room is open at the former Multi-purpose room (on the first floor of Common Education Building No. 1). Please feel free to use it.

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 coming to 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).
- **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.**
- **When you have a meal with other people, please make it as in small scale and in short time as possible.**
- Please undertake infection prevention and control measures as shown in 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
- There are examples for “5 situations” that increase the risk of infection (e.g., long meals in large groups). Therefore, please undertake infection prevention and 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/>
- 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

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

- If you have been infected with COVID-19, have been in close contact with an infected person, or might have been in close contact with an infected person, **[please report it to the administrative office of your department without fail](#)**. See “Kochi University’s Response to COVID-19 (Report No. 12 (revised)) (March 31, 2021) and take appropriate action.
- For preparation for the above cases, record your behaviors.
- If you have taken a PCR test or have got your test result, **[please report it to the administrative office of your department without fail](#)**.
- 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.

9. Contact us

See the “Kochi University’s Response to COVID-19 (Report No. 12 (revised))” (March 31, 2021) or Kochi University’s website (http://www.kochi-u.ac.jp/kikikanri/COVID-19_English.html) for contact for 1) reporting of COVID-19 infection, the watchful waiting period, and cold symptoms, for 2) consulting physical disorders, learning and classes, campus life, job hunting, and study-related accommodation, and 3) inquiries about foreign students, etc.