

For Students

Guidance on Infection Prevention and Control for Covid-19

Tenth report (revised)

(From September 14 until further notice)

*** According to the Tenth Report Revised Version, the content of “5. Club and sport activities (including external matches, away games, training camps, and the like) and new students club/society recruitment activities” will be changed as shown in red. There are no other changes to the content in question.**

The current Restriction Level 3 of the Kochi University Activity Guidelines for the Prevention of the Spread of COVID-19 still remains in effect. Please act responsibly in line with measures taken in Level 3.

Additionally, we may make further demands or change the Restriction Levels depending upon circumstances. Check the latest information at the website, KULAS or staff groupware.

- **As a general rule, do not come to campus unless you need to do so for your study or campus life needs. You may be allowed to come to campus to attend experiments, practices, or activity courses. If so, you should follow your instructors' or department's instructions.**
Members of the public (e.g., working professionals, high school students, etc.) may come to campus for compelling reasons. Please be assured that adequate infection prevention and control measures will be taken before their visits.
- **Note the following points about travel to or from other prefectures:**
 - (1) Refrain from traveling between Kochi Prefecture and other prefectures.
 - (2) 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. 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.
- Please see “Kochi University's Response to COVID-19 (Report No. 14)” (August 23, 2021) for details related to overseas travel and entrance into Japan.
- The symptoms of COVID-19 vary: **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 helpdesk 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>

1. Classes, etc.

[Online classes]

- Students are allowed to use the intra-university network in designated classrooms and sitting areas only if they have applied to any of the following offices. (They are allowed to come to campus during the time in which they use the classrooms.) 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.”

Where to apply (No advance booking is necessary.)

Asakura Campus **Common Education Section, Educational Affairs Division (Second floor of Common Education Building No. 1)**

Monobe Campus **Educational Affairs Unit, Office of Student and Educational Affairs (First floor of Building No. 1)**

Oku Campus **Student Support Unit, Student Affairs Section (First floor of Administration Office Building No. 1)**

Available days: Weekdays between 8:30 and 18:20 except Saturday, Sunday, and holidays

- Comply with the following essential rules to prevent infections when using a classroom:

■ Essential rules to prevent infections

Avoid the 3Cs (closed spaces, crowded places, and close-contact settings).

- Ensure classrooms are well ventilated.
 - Keep at least 1 m apart from each other. (Follow staff's instructions.)
 - Avoid talking within a close distance of each other.
 - No eating or drinking is allowed. (Drinking water to stay hydrated is allowed.)
 - Observe coughing etiquette. (Wear a mask.)
 - Wash your hands and sanitize your hands and fingers.
 - Disinfect your desk and surrounding area.
- * Follow the University's rules for each campus.

- If you are struggling with online learning for some reason, please contact the administrative office of your department.

<Lectures and seminars>

- **Lectures and seminars will be conducted online.**

<Experiments, practices, and activity courses>

- As a general rule, experiments, practices, and activity courses will be conducted online. However, if face-to-face experiments or practices are needed urgently or to obtain a nationally recognized professional qualification or a teaching license, a careful decision will be made and experiments or practices may be conducted face to face with infection prevention and control measures in place.

* Information about face-to-face courses, course schedules, and how the courses will be conducted will be provided via KULAS at least two weeks before the start of the courses.

* 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 helpdesk 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>

Classes and research guidance will generally be provided online. However, they may be conducted face to face with adequate infection prevention and control measures in place.

<Experiments etc. for degree theses>

- Students should refrain from conducting experiments and the like for graduation, master's degree, or doctoral degree theses. However, if they are compelled to conduct experiments to continue their

research projects, they may be allowed to do so subject to sufficient consultation with the faculty members in charge and the department head's approval.

2. Use of Library and Information Technology

The library's opening hours will be reduced, Wi-Fi in the library will be turned off, and available services will be limited. Keep your stay in the library to a minimum. For more information, please see notices posted on the library's website. The library's temporary closure, affected services, and temporary closure duration may be changed and updated from time to time depending on the circumstances. Please check up-to-date information before visiting.

Main Library	http://www.lib.kochi-u.ac.jp/library/chuokan/
Medical School Branch	http://www.kochi-ms.ac.jp/~of_lbrry/tosyokan.htm
Monobe Branch	http://www.lib.kochi-u.ac.jp/library/nobun/

3. Use of the Health Service Center

Please call or email us if you want to seek advice on your health (or mental health and well-being) or to have a medical examination. Please do not visit us before you call or email us.

Please note that if you need advice on COVID-19, we may ask you not to visit us, but instead we may advise you to visit an external medical institution (or a medical institution offering COVID-19 tests).

Information on how to use the Health Service Center can also be found on its webpage at <https://www.kochi-u.ac.jp/hokekan/>. Please be sure to visit.

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)

Contact details

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

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

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

4. Job hunting and internships

- As a general rule, you should search for a job online. Inform the Career Planning Office (the career counselor on each campus) if you look for a job or undertake an internship outside Kochi Prefecture for compelling reasons.
- Refrain from going to an infection spread area to look for a job or undertake an internship.
- If you go to an infection spread area to look for a job or undertake an internship because it is absolutely necessary, you must stay at home for two weeks (to monitor your health) when you return to Kochi Prefecture. You should take your semester schedule into consideration before planning your travel for job hunting or an internship.
- Face-to-face career guidance will not be provided. Check the "Message" or "News" function of KULAS for details of the job hunting support (including internship hunting) at the Career Planning Office and the department you belong to.
- If you need career advice, please call or email the following career planning offices:

Contact details

(Asakura) Career Planning Office, Student Support Division
Phone: 088-844-8171 Email: gs04@kochi-u.ac.jp

(Okō) General Affairs Unit, Student Affairs Section
Phone: 088-880-2786 Email: ia11@kochi-u.ac.jp

(Monobe) Student Support Unit, Office of Student and Educational Affairs
Phone: 088-864-5116 Email: km13@kochi-u.ac.jp

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

- You are prohibited from participating in all non-online extracurricular activities and using all extracurricular activity facilities (including sports grounds, club rooms, etc.) until further notice.
- **However, regarding official tournaments (limited to national tournaments, their preliminary matches, etc.) held while adequate infection prevention and control measures (e.g., guidelines) are expressly indicated by athletics associations, you should submit application forms for participation in such tournaments, etc. to Student Support Division and Student Affairs Section. Students will only be allowed on an exceptional basis to participate in the same if permission by the Executive Director for Education has been granted.**
- **If a venue for holding relevant tournaments falls within the infection spread area, you are requested to first of all review the possibility of refraining from participation in such tournaments, etc.**
- **If you have travelled to the infection spread area(s), etc., you are required to stand by at home for follow-up observation for 14 days following the day on which you have traveled. Please use your judgment giving consideration to the possibility that you will not be allowed to participate in practical training, etc.**
- You are prohibited from organizing or taking part in social gatherings, welcome parties, other meetings or training camps, etc. on or off campus where food and drinks are served.

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. 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.
- The “Karafuru Palette” Campus Life Support Room is temporarily closed until further notice. If you need advice, please call or email us:

Contact details: Office for the Promotion of Inclusion and Accessibility at the Center for General Student Support (Karafuru Palette)
Phone: 0888-888-8037 Email: shugakushien@kochi-u.ac.jp

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 take basic measures to prevent the spread of COVID-19, e.g. sanitize your hands and fingers, wear a mask, do not talk loudly, ventilate a room (open windows at opposite sides of a room at the same time), maintain a distance of at least 1 m from others.
- 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.**
- **Please refrain from going out whether during the day or in the evening unless it is absolutely essential or urgent. Please do not have a meal with people you do not live with.**

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 helpdesk of your](#)

[department without fail](#). See [3. Measures for students](#) of “Kochi University’s Response to COVID-19 (Report No. 14)” (August 23, 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 helpdesk of your department without fail](#).

9. Contact us

See the “Kochi University’s Response to COVID-19 (Report No. 14)” (August 23, 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.