

For Students

Guidance on Infection Prevention and Control for Covid-19
Twelfth report
(From October 8 until further notice)

In view of the fact that new COVID-19 cases in Japan and Kochi Prefecture have been falling, the Kochi University Activity Guidelines for the Prevention of the Spread of COVID-19 have been revised, with the Restriction Level being changed to **Level 1**.

Although the restriction level has been relaxed to Level 1, you are still expected to remain aware of COVID-19 infection prevention, pay attention to the following and act responsibly in line with measures taken in Level 1.

We may impose additional restrictions or change the Restriction Levels depending on the number of new cases within the University or other situations. Check the latest information at the website or KULAS.

- **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.

- **Note the following points about travel to or from other prefectures:**

- (1) Take infection prevention and control measures if you travel to other prefectures. **Refrain from traveling to or from the infection spread areas*.**
- (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** from the day **following the day on which you have traveled to Kochi Prefecture.**
- (3) If you have traveled to regions in which COVID-19 is widespread other than the infection spread areas, pay attention to your health condition for 14 days from the day following the day on which you have traveled to Kochi Prefecture.

Note: Consideration will be given to the academic performance of those students who stay at home during their stay-at-home period and they will not be unfairly treated.

(The duration for which students are prohibited from coming to campus because they have traveled to or from other prefectures, which constitutes a reason for exceptional absence, will be treated as an exceptional absence period.)

- Please see “Kochi University’s Response to COVID-19 (Report No. 16)” (October 7, 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 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>

1. Classes, etc.

- There will be no changes to the class schedule, semester period or examination period.
- If you have a high temperature or cold-like symptoms (i.e., cough, sneeze, running nose, or sore throat) in the morning when you have a face-to-face class, 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.

<Lectures and seminars>

- **Some online lectures and seminars may be conducted face to face from October 15.** Check the start dates of face-to-face classes on KULAS.
- Face-to-face classes (including hybrid classes combining face-to-face classes and online classes) will be conducted by taking infection prevention and control measures in classrooms (e.g. avoiding the 3Cs). Students should sit at least 1 m apart from each other in a classroom and seating capacity will be reduced to 1/3 to 1/2. It makes it difficult to conduct all classes face to face. Therefore, classes will be conducted as follows:
 - 1) First-year General Education Subjects will generally be taught face to face.
 - 2) Liberal Arts and Science Subjects of General Education Subjects will be taught online asynchronously (on-demand).
 - 3) Major Subjects will be taught online (synchronously or asynchronously) or by hybrid teaching.
 - 4) However, both General Education Subjects and Major Subjects may be taught face to face if classrooms are available with infection prevention and control measures in place.
- Comply with the following rules during face-to-face classes.

■ 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 seating instructions displayed in the classroom or a faculty member's instructions.)
 - Avoid talking and eating and drinking within a close distance of each other.
 - 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 and a faculty member's instructions.

- Please note that face-to-face classes may be changed to online classes if COVID-19 cases are increasing or the situation is deteriorating.

[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 Classrooms 131 to 134 on the third floor of Common Education Building No. 1 (Seating capacity: About 170 in total) (8:30 a.m. to 6:20 p.m.)

Oku 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.

* Some classrooms will be reserved exclusively for those students attending online asynchronous (on-demand) classes.

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

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

<Experiments, practices, and activity courses>

- Experiments, practices, and activity courses will generally be conducted face to face, but they may be conducted in a different manner if it is difficult to take adequate infection prevention and control measures.

<How to implement graduate subjects>

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

<Experiments, etc. for degree theses>

- Students may conduct their experiments and the like (including seminars) for graduation, master's degree, or doctoral degree theses in accordance with their departmental policy, subject to sufficient consultation with the faculty members in charge and with adequate infection prevention and control measures in place.

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-u.ac.jp/kms/of_lbrry/tosyokan.htm

Monobe Branch <http://www.lib.kochi-u.ac.jp/library/nobun/>

3. Use of the Health Service Center

You may visit us if you want to seek advice on your health or to have a medical examination. Please check that your temperature is lower than 37.5°C and always wear a mask in the Health Service Center. Contact us if you cannot check your temperature because you do not have a thermometer.

Please call or email us if you want to seek advice on COVID-19. Please do not visit us before you call or email us. We may advise you to visit an external medical institution (or a medical institution cooperating with tests for COVID-19).

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

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.
- Refrain from going to an infection spread area to look for a job or undertake an internship.
- Inform the Career Planning Office (the career counselor on each campus) if you look for a job or undertake an internship in an infection spread area for compelling reasons. You should still inform the Career Planning Office if you undertake an internship whether in an infection spread area or not.
- If you go to an infection spread area to look for a job or undertake an internship, **you must stay at home or at a similar place and monitor your health for 14 days from the day following the day on which you have returned to Kochi Prefecture.** You should take your semester schedule into consideration before planning your travel for job hunting or an internship.
- 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

- Carry out club and sport activities by taking adequate infection prevention and control measures in accordance with “COVID-19 Infection Prevention and Control Measures for Club and Sport Activities” (May 24, 2021)
- For accredited clubs or societies to carry out their activities, they must have submitted “Activity Plan Research Reports” that describe their infection prevention and control measures at the beginning of the year.
- If you consider carrying out activities outside Kochi Prefecture, use your judgment and refrain from it if you can. If you are compelled to travel to or from the infection spread areas, you must stay at home for 14 days from the day following the day on which you have traveled to Kochi Prefecture.
- As a general rule, recruit new students to your clubs or societies online. Enticing new students to join your clubs or societies, including calling out, handing out leaflets, or performing on the street, is prohibited as it encourages a large number of people to have close contact among them.
- You are prohibited from organizing or taking part in social gatherings, welcome parties, other meetings, 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.
- Please wear a mask in the “Karafuru Palette” Campus Life Support Room and follow instructions for using the facility.

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.**
- **If you have a meal with people, keep the number of people to a minimum as much as possible and spend as little time as possible.**
- For more information on what to watch out for in everyday life, how to respond to new COVID-19 cases on campus, and how to organize social gatherings and events, please see Kochi University’s Response to COVID-19 (Report No. 16) (October 7, 2021).

8. Contact us

See the “Kochi University’s Response to COVID-19 (Report No. 16)” (October 7, 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.