

For Students

Guidance on Infection Prevention and Control for Covid-19
Fourteenth report
(From January 25)

Due to the fact that COVID-19 cases in Japan and Kochi Prefecture are still increasing and infections are continuously reported in the University, 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 3**. You are expected to pay attention to the following and act responsibly in line with measures taken in Level 3. In particular, a new COVID-19 variant that is said to be more infectious is spreading, so please ensure that basic infection prevention and control measures, such as wearing masks, washing your hands, sanitizing your hands and fingers, and avoiding 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), are taken more thoroughly than ever.

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.

- **As a general rule, you should not come to campus unless you need to do so for unavoidable reasons for your study or campus life needs. Classes are basically given online. You may be allowed to come to campus for routine tests, experiments, practices, and activity courses; however, in a such case, please follow the instructions of the faculty members and the department.**

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) **As a general rule, stop traveling** to or from other prefectures. **(You should refrain from traveling to or from such areas for pleasure.)** If you need to travel for business purposes under unavoidable circumstances, please obtain permission from the President through the head of your department.
- (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 10 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 10 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. 19)” (January 24, 2022) 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 as needed.

- * 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. (including classes provided during the special class period)

- 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 of the day on which you have a face-to-face class or test, you will not be allowed to take classes and tests. 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.

[Use of the intra-university network]

- Students who wish to use the intra-university network are **only allowed to do so when they have checked in at the following places and use designated classrooms and seats. (You are allowed to come to campus when classrooms are available for use.)**

Where to apply (Pre-application is not required):

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 except Saturday, Sunday, and holidays

- 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.

<Routine tests>

- In the second semester, **as a general rule, routine tests will be conducted in a manner that would not require students to come to campus.** In some cases, such as when it is difficult to conduct them online, etc., tests may be conducted face to face with thorough infection prevention and control measures in place. When written tests, etc., are carried out face to face, details will be notified to students through KULAS. Furthermore, consideration will be given to students who find it difficult to come to campus due to the spread of infection so as not to cause any disadvantage to them.
- Refrain from gathering in groups to study for tests as much as possible.
- Comply with the following rules during face-to-face tests.

■ 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.

<Lectures and seminars>

- **Lectures and seminars will be conducted online. Check how each class will be implemented on KULAS.**

<Experiments, practices, and activity courses>

- Experiments, practices, and activity courses will generally be conducted online, but they may be conducted face to face through careful judgment and with safety measures in place when there is an emergency* and when experiments and practices are compulsory for the acquisition of national qualifications and a teacher's license.

*This includes experiments, etc., that have been continued for a long time and may become impossible to do if interrupted.

*Face-to-face classes and their start date and implementation method will be announced on KULAS at least 2 weeks prior to the start date.

*Regularly measure and record your body temperature and report your health condition for approximately 2 weeks before the start of your class to the faculty members in charge of your class. If you have a high temperature or cold-like symptoms (i.e., cough, sneeze, running nose, or sore throat) in the morning of the day on which you have a 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.

*Students who are staying outside Kochi Prefecture should avoid traveling to Kochi Prefecture when any request is submitted in your prefecture or Kochi Prefecture with respect to transboundary travel and they should follow the instructions of the faculty members in charge of their class. (This will not cause any disadvantage to 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 their experiments and the like for graduation, master's degree, or doctoral degree theses. However, if it is inevitable for the continuation of their research, they will be allowed to conduct them with the permission of the department head, subject to sufficient consultation with the faculty members in charge and with adequate infection prevention and control measures in place.

<Presentation, examination, etc. of degree theses>

- **As a general rule, they will be carried out online.** However, they may be conducted face to face with the permission of the department head and with adequate infection prevention and control measures in place.

<Others>

- If your graduation or graduation thesis qualification is affected by the cancelation of a subject that you must finish, please contact the administrative office of your department without fail.
- Details of how each class will be implemented, etc., will be notified using the "Lecture Information," "Message" or "News" function of KULAS, so please pay close attention to 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-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

If you want to seek advice on your health (including mental health) or to have a medical examination, please call or email us. Please do not visit us before you call or email us.

If you want to seek advice on COVID-19, please understand that we may advise you to visit an external medical institution (or a medical institution cooperating with tests for COVID-19) without asking you to visit us.

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

(Oko) 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 10 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.
- As a general rule, face-to-face consultation, etc., on job hunting 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

(Oko) 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)

- **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, official competitions (limited to national competitions and preliminary rounds) that are held by sport federations, etc., with a clear indication of their infection prevention and control measures such as guidelines** may be exceptionally permitted only with the permission of the director in charge of education, after you have submitted a request form for competition participation to the Student Support Division or Student Affairs Section and met the prescribed conditions.
- **If a competition is held in an infection spread area, consider refraining from participating first.**

- **If you travel to or from an infection spread area, you must stay at home for 10 days.** Consider the possibility that you may be prevented from participating in practices, etc., and make your decision accordingly.
- **You are prohibited from organizing or taking part in social gatherings, farewell and welcome parties, other meetings, 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 Counseling Room if they have concerns about campus life (e.g. financial problems) or worries about studies.
- “Karafuru Palette” Campus Life Support Room will be **closed**.
As a general rule, consultation on interviews, etc., at the Office for the promotion of inclusion and accessibility will be provided online. Please call or email us if you want to seek consultation with the Office for the promotion of inclusion and accessibility and the “Karafuru Palette” Campus Life Support Room.

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 having a meal with people other than your family members or friends with whom you interact regularly.**
- 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. 19) (January 24, 2022).

8. Contact us

See the “Kochi University’s Response to COVID-19 (Report No. 19)” (January 24, 2022) 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.