

**For Students****Guidance on Infection Prevention and Control for COVID-19  
Seventeenth report  
(From August 20)**

In view of the fact that COVID-19, including the BA.5 Omicron variant, has been spreading in Kochi Prefecture and throughout the rest of Japan, 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 2**.

As hospitals are at risk of becoming overwhelmed, you are expected to raise your awareness of COVID-19 infection prevention still further and to take basic measures to prevent the spread of the virus. Please pay attention to the following and act responsibly.

**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.**
- **Note the following points about travel to or from other prefectures:**
  - (1) You should use prudent judgment when traveling to a prefecture where a state of emergency or semi-state of emergency COVID-19 measures apply or to a prefecture which is in a comparable infection situation. If you have traveled to or from such an area, **you should pay particular attention to your health for seven days after traveling back to Kochi Prefecture.** You must seek medical attention at a medical institution if you have a fever or other symptoms.
  - (2) You should use prudent judgment when traveling to other prefectures while a state of emergency or semi-state of emergency COVID-19 measures apply to Kochi Prefecture or Kochi Prefecture is in a comparable infection situation. If you have a fever or other symptoms or if you feel unwell, refrain from traveling between prefectures.
  - (3) To reduce the risk of getting infected, consider taking a PCR test or an antigen test before or after traveling.
- Please see "Kochi University's Response to COVID-19 (Report No. 23)" (August 19, 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 seek medical advice at your nearest medical institution cooperating with tests or from your primary doctor and follow such advice.**

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](https://www.pref.kochi.lg.jp/soshiki/130401/cov19_kensakyouryoku.html))

If you are unable to make an appointment with a medical institution, contact the COVID-19 Health Consultation Center (Tel: 088-823-9300) for advice.
- To avoid straining the healthcare system, please see "Kochi University's Response to COVID-19 (Report No. 23)" and take appropriate action.
- If you are infected with COVID-19 (or you are deemed to be positive by a doctor), please **report it to the administrative office of your department without fail.**

\* 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 intensive lectures conducted during special class periods)**

- Classes will be conducted according to the **academic year calendar 2022**.

**<How to conduct undergraduate classes>**

As infection prevention and control measures, students should sit at least 1 m apart from each other in a classroom and seating capacity will be reduced to 1/2 to 2/3. It makes it difficult to conduct all classes face to face. Therefore, classes will be conducted as follows (Face-to-face classes may be combined with online classes.):

Type of class		How to conduct a class
Common subjects	First-year subjects	Generally conducted face to face.
	Liberal arts subjects: Lecture	Generally conducted online asynchronously (on demand). Some classes may be conducted face to face.
	Liberal arts subjects: Seminar, skill practice	Conducted face to face or online (synchronously or asynchronously).
Specialized subjects	Lecture	Conducted face to face or online (synchronously or asynchronously).
	Seminar, experiment, practical training, skill practice	Generally conducted face to face.

\* For more information on how each class is conducted, please see the syllabus or follow the instructions of the faculty member in charge of your class.

- When attending face-to-face classes (including routine tests), **ensure infection prevention and control measures are put in place.**

**1) Manage your health, 2) wear a non-woven mask, 3) disinfect your seat and surrounding area, 4) take a seat by following instructions displayed in the classroom or a faculty member's instructions (keep approximately one meter apart from each other), and 5) ventilate the classroom.**

\* Follow the University's rules for each campus and a faculty member's instructions.

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

**<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>**

- To attend experiments and the like (including seminars) for graduation, master's degree, or doctoral degree theses, students should follow the implementation policy of their department, have sufficient consultation with the faculty members in charge and have adequate infection prevention and control measures in place.

**[Online classes]**

- We will continue to make classrooms available for students to use the intra-university network. (Available days: 8:30 a.m. through 6:00 p.m. on weekdays except Saturday, Sunday, and public holidays)
- 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."
- Make sure you have access to the Internet to attend online classes at home.
  - \* 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.

**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	<a href="http://www.lib.kochi-u.ac.jp/library/chuokan/">http://www.lib.kochi-u.ac.jp/library/chuokan/</a>
Medical School Branch	<a href="http://www.kochi-u.ac.jp/kms/of_lbrry/tosyokan.htm">http://www.kochi-u.ac.jp/kms/of_lbrry/tosyokan.htm</a>
Monobe Branch	<a href="http://www.lib.kochi-u.ac.jp/library/nobun/">http://www.lib.kochi-u.ac.jp/library/nobun/</a>

**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. If you are suspected of having become infected with COVID-19 or you have a symptom about which you should contact a local government health consultation center (e.g., the Kochi Prefecture/City COVID-19 Health Consultation Center), visit a medical institution cooperating with tests for COVID-19 or contact your local government health consultation center.

If you worry that you may have been infected, have no symptoms, and live in Kochi Prefecture, you can take a COVID-19 test free of charge. For more information, please visit the following page of Kochi Prefecture's website:

<https://www.pref.kochi.lg.jp/soshiki/130401/2022011500018.html>.

For information on the Health Service Center's opening days and hours as well as how to use the Health Service Center, please see the notices published on its website (<https://www.kochi-u.ac.jp/hokekan/>).

**Opening hours and contact details for each campus**

(Asakura) Health Service Center	8:30 a.m. through 5:15 p.m.
Phone: 088-844-8158	Email: <a href="mailto:gs08@kochi-u.ac.jp">gs08@kochi-u.ac.jp</a>
(Oko) Health Service Center, Oko Branch Office	8:30 a.m. through 5:15 p.m.
Phone: 088-880-2581	Email: <a href="mailto:gs11@kochi-u.ac.jp">gs11@kochi-u.ac.jp</a>
(Monobe) Health Service Center, Monobe Branch Office	8:30 a.m. through 5:15 p.m.
Phone: 088-864-5121	Email: <a href="mailto:gs09@kochi-u.ac.jp">gs09@kochi-u.ac.jp</a>

- \* The Health Service Center of the Monobe Branch Office closes occasionally. To confirm its opening days and hours, please check the Consultation Schedule on the Monobe Branch Office page of the Health Service Center's website. (<https://www.kochi-u.ac.jp/hokekan/campus/monobe.html>)

#### 4. Job hunting and internships

- You should search for a job by taking adequate infection prevention and control measures.
- Inform the Career Planning Office (the career counselor on each campus) before participating in an internship.
- Check the "Message" or "Notices" 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 contact the following:

##### 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 allowed to do routine exercise and activities (e.g., to exercise or have meetings) so long as you take infection prevention and control measures.
- However, you must submit a Request Form for Competition Participation to the Student Support Division and obtain approval before participating in external matches or events held on or after Monday, August 29.
- You should use prudent judgment when participating in a competition, event, or training camp held in a prefecture where a state of emergency or semi-state of emergency COVID-19 measures apply.
- If you travel to or from the above-mentioned area, you must pay attention to your health condition for seven days.
- Refrain from attending social gatherings, etc. on and off campus where food or drink is served.
- For further details, please see notices posted on KULAS.

#### 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.
- Please wear a mask when using the "Karafuru Palette" Campus Life Support Room and follow its rules.

#### 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.

- When having a meal with others, pay full attention to the following infection prevention and control measures. Refrain from having meals with others if it is difficult to take such measures.
  - Minimize the size of your party and minimize the time spent together.
  - When having a meal with others, be sure to take basic infection prevention and control measures, such as properly wearing a non-woven mask, avoiding the Three Cs, ventilating the room, and frequently sanitizing your hands, including your fingers.
  - When having a drink, do not act in a way that is highly likely to spread the virus, such as offering drinks to one another, talking loudly, or singing karaoke without a mask.
  - When there is greater need to prevent the spread of the virus, such as before having a meal with many people, you must take a test (e.g., a free test offered by Kochi Prefecture) and confirm that you have tested negative. With regard to restaurants, you are advised to select a restaurant that has been certified as a "Kochike Anshin Kaishoku Suishin no Mise."
- If you have an underlying health condition or live with an older person or a person with an underlying health condition, you should refrain from going to places where there is a higher risk of becoming infected and pay particular attention to COVID-19 infection prevention.
- 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. 23) (August 19, 2022).

#### **8. Contact us**

See the "Kochi University's Response to COVID-19 (Report No. 23)" (August 19, 2022) or Kochi University's website ([http://www.kochi-u.ac.jp/kikikanri/COVID-19\\_English.html](http://www.kochi-u.ac.jp/kikikanri/COVID-19_English.html)) for contact for 1) reporting of COVID-19 infection, 2) consulting physical disorders, learning and classes, campus life, job hunting, and study-related accommodation, and 3) inquiries about foreign students, etc.