

For Students (New and Current Students)

Guidance on Infection Prevention and Control for Covid-19
Ninth report
(From May 24 until further notice)

Given the spread of COVID-19 across Japan and within Kochi Prefecture, it has been decided that the current Phase 1 of the Implementation Policy for Educational Research Activities Accompanying Spread of the COVID-19 Infection will be raised by 1 phase to **Phase 2**.

Please pay attention to the following and act responsibly in line with measures taken in Phase 2.

Additionally, we may make further demands or change 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, KULAS or staff groupware.

- **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 in your destination prefecture 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. 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.)

(4) If Kochi Prefecture is among the “infection spread areas,” refrain from traveling to other prefectures.

☞ If Kochi Prefecture is among the “infection spread areas,” you do not need to stay at home even if you travel within Kochi Prefecture. Nevertheless, you should monitor your health.

- Please see “Kochi University’s Response to COVID-19 (Report No. 13)” (May 21, 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>

1. Classes, etc.

- There will be no changes to the class schedule, semester period, or examination period. (Please see the “Guidance on Infection Prevention and Control for COVID-19, Eighth report (revised)” (March 31, 2021).)

<Lectures and seminars>

- Now that we are in Phase 2, **lectures and seminars will be conducted online from May 31 onward.**

[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.)

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 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 notices about where to sit displayed in the classroom.)
- Avoid talking, eating or 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.

- **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.

- On-demand lectures can be watched at any time and it may cause you to have an unhealthy lifestyle. You should manage your time well and lead a healthy lifestyle. Do not delay your assignments.
- If you are struggling with online learning for some reason, please contact the administrative office of your department.

<Experiments, practices, and activity courses>

- As a general rule, experiments, practices, and activity courses will be conducted face to face with appropriate infection prevention and control measures in place. 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>

- Experiments and the like (including seminars) for graduation, master's degree, or doctoral degree theses should be conducted after sufficient consultation with the faculty members in charge, in accordance with the implementation policy of the students' department, and taking 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
Monobe Branch	http://www.lib.kochi-u.ac.jp/library/nobun/

3. 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.

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 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 (Please change "□" to "@" when sending an email.)

(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 unless it is absolutely necessary.
- 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.
- 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

- **You are prohibited from participating in all non-online extracurricular activities (including indoor activities and inter-varsity games, away games, training camps, etc.) and using all extracurricular activity facilities (including sports grounds, club rooms, etc.) until further notice** unless you have submitted a “Request for Approval of Extracurricular Activity During the Prohibition Period” (in which your activity policy and COVID-19 infection prevention and control measures are described) to the Student Support Division or the Student Affairs Section and your request has been approved. **You should still submit a fresh “Request for Approval of Extracurricular Activity During the Prohibition Period” even if you submitted an “Activity Plan Research Report” and a “Notification of Infection Prevention and Control Measures Plan” in April.** For more details, please see “Restrictions on extracurricular activities from May 24, 2021 onward” (May 21, 2021).
- 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.
- 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 wear a mask and comply with the rule when you use the service.

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 avoid having a meal with people other than your family or close friends. If you have to, keep the number of people you have a meal with to a minimum as much as possible and spend as little 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 [3. Measures for students](#) of “Kochi University’s Response to COVID-19 (Report No. 13)” (May 21, 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. 13)” (May 21, 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.