

For Students

Guidance on Infection Prevention and Control for Covid-19

Fifth report

Instruction Period (July 3 – September 30)

- 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 for teaching license renewal training, high school-university collaborative projects, or entrance examinations. 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:

- Refrain from traveling to or from the regions where coronavirus remains widespread.
- Refrain from traveling to such regions for business or pleasure or to visit your family now or during a summer holiday period.
- Make a note of who you met and where in case you develop symptoms.
- Pay attention to the coronavirus situation in the area you are staying.

- You are not required to self-quarantine at home for two weeks after traveling to Kochi Prefecture from other prefectures, but you must contact the inquiry counter if you have a fever after you have arrived in Kochi Prefecture. Stay at home and keep monitoring your health every day until your symptoms have improved.

- Do not travel abroad until September 30.

- When you arrive in Japan, follow quarantine officials' instructions. Do not come to campus for 14 days after your entry to the country. We will review the situation on a case-by-case basis when travel advisory levels issued by the Japanese government or the Ministry of Foreign Affairs are lowered and restrictions on traveling to and from other countries and regions are eased.

- You may use 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

If you have the following symptoms, contact the New Coronavirus Health Consultation Center (Kochi City: 088-823-9300). (You may still contact the center even if you do not have any symptoms.)

- Breathing difficulties, extreme fatigue, or a high temperature
- Underlying health conditions, high risk of developing serious complications, and mild flu-like symptoms (fever, cough)
- You do not have any of the above symptoms, but persistently have mild flu-like symptoms (fever, cough).

(You must contact the above center if your symptoms persist for four consecutive days or more. You must contact it immediately if you have severe symptoms or have to take antipyretic to reduce temperature.)

*** This Guidance may be partly tightened or relaxed based on prudent judgment in accordance with the change in the circumstances. Check the latest information at the website or KULAS.**

[Website of Kochi University: <http://www.kochi-u.ac.jp/>]

Kochi University will partly revise its Guidance on Infection Prevention and Control for Covid-19 for Students, Revised Fourth Report (the “Revised Fourth Report (for Students)”). This is in line with the fact that the declaration of state of emergency across Japan was lifted on May 25 and that the restriction on traveling between Kochi Prefecture and other prefectures was lifted on June 19. To protect your health and safety and continue to prevent the spread of COVID-19, Kochi University asks all the students to comply with the following Guidance and study the classes of the first semester.

1. Change in the schedule

Network environment

- Make sure you have access to the internet for remote learning. **See the “Revised Fourth Report (for Students)” for more information.** (Online classes etc. may also be conducted in the second semester.)
- **The following classrooms will be opened to allow students to use the intra-university network from July 3 between 8:50 and 16:30 on weekdays.** (Classrooms and hours of use are subject to change according to the usage status.)

Asakura Campus Classroom No. 210 on the first floor of Common Education Building No. 2 (Seating capacity: About 70)

Okō Campus Medical Course: Lecture Room No. 1 on the first floor of Lecture Building (Seating capacity: About 60)

Nursing Course: Lecture Room No. 1 on the first floor of Science of Nursing Building (Seating capacity: About 30)

Monobe Campus 3-1-11 Classroom on the first floor of Building No. 3 (Seating capacity: About 30)

- (1) Markings on the seats where students can sit are displayed in the classroom. (Seats where students can sit are indicated to maintain at least a 1 m distance from each other.)
- (2) Disinfect the desk, chair, etc. before and after use. (Alcohol sanitizers and wipes will be provided in the classroom.)

Lectures and seminars

- All the classes of the first semester will **not be carried out in face-to-face** but via synchronous or asynchronous online classes or working on tasks and report submission (hereinafter referred to as “online classes, etc.”) until September 30, as planned.

Regular examinations

- The examination period of the first semester (from August 3 (Mon.) to August 7 (Fri.)) will remain

unchanged.

- Regular examinations will generally be conducted in a way that does not require physical attendance on campus. If written examinations for specialized subjects are conducted face to face, students will be notified of the details of the examinations via KULAS at least three weeks before the examinations.

Experiments, practices, and skill practices

- If experiments, practices, and skill practices are carried out face to face, students will be given at least two weeks' notice via KULAS.

Experiments etc. for degree theses

- Students may be allowed to attend experiments and the like (including seminars) for graduation, master's degree, or doctoral degree theses as a result of consultation with the faculty member in charge in accordance with the implementation policy of their departments, provided that adequate infection prevention and control measures are taken.

Face-to-face supplementary classes

- **Face-to-face supplementary classes** may be held for **Information Processing**, which is a general education compulsory subject, and for **some specialized subjects after July 3** to supplement online teaching.
 - (1) You are not required to attend supplementary classes. Your attendance to the supplementary classes will not be taken into consideration when your academic performance is evaluated.
 - (2) Students attending supplementary classes will be notified in advance via KULAS etc. of the subjects for which the supplementary classes will be held and when and where (e.g. in which classrooms) they will be held.

Make-up classes

- **The period between the end of the examination period and August 31** is a make-up class period. You will be notified of classes conducted during the make-up class period via KULAS. During this period, make-up classes will generally be conducted online and general education subjects will also be taught.

Special class period (September)

- Lectures and seminars will be conducted online during this period.
- Information Processing (repeated class) may be conducted face to face with adequate infection prevention and control measures put in place.

Other matters

- You must contact the inquiry counter of your department when the cancellation of subjects you need to take might impact negatively on your graduation or qualification for graduation thesis preparation.
- **We will continue to keep you informed about the latest developments with regard to remote learning. Please check our messages posted on KULAS as frequently as possible.**

2. Use of Library and Information Technology

The opening hours of the Library and Information Technology will be extended from Monday, July 6 and will be from 9:00 to 20:00 on weekdays. The opening hours on Saturdays and Sundays will vary from campus to campus. Please check the Library's website. No Wi-Fi will be available in the Library, but the reduced number of PCs will be available for use in the Education Terminal Room (Central Building) and the Information Browsing Room (Monobe Building). (The IT environment will be changed according to the future usage status.) Please see library announcements for more information on points to note about entering the Library.

3. Job hunting and internships

- As a general rule, you should search for a job online.
- Think carefully about traveling to the areas where coronavirus remains widespread to look for a job or to undertake an internship.
- Inform the Career Planning Office (the career counselor on each campus) if you look for a job or to undertake an internship outside Kochi Prefecture.
- Please check our messages posted on KULAS for more information on face-to-face support for employment (including internships) given by the Career Planning Office and your department.

4. Club and sport activities

Before carrying out club and sport activities (including inter-varsity games, away games, and residential trips), an implementation plan (including safety measures) must be submitted to and approved by the Student Support Division or the Student Affairs Section to confirm infection prevention and control measures will be taken. The same procedure must be followed when using club and sport activity facilities (including club houses) or classrooms.

5. Study-related accommodation

- Students should contact the Office for the promotion of inclusion and accessibility at the Student General Support Center 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 Student Counselling Room or the inquiry counter of their department if they have concerns about campus life (e.g. financial problems) or worries about studies.

6. General policies for COVID-19 control on campus and in everyday life

- Practice a "new lifestyle" announced by the Ministry of Health, Labour and Welfare to prevent the spread of coronavirus.

(1) Basic infection prevention and control measures that everyone should follow on an individual level
Three basics for preventing infection: 1) Maintain physical distance; 2) Wear a mask; 3) Wash your hands.

- Maintain a 2 m (or at least 1 m) distance from each other as much as possible.

- Choose outdoor venues rather than indoor venues if you engage in recreational activities.
- Avoid directly facing the person you are talking to as much as possible.
- Wear a mask when you go out, are in a room or talk to someone even if you do not have any symptoms.
- As soon as you come home, wash your hands and face. Then, change your clothes and take a shower as soon as possible.
- Wash your hands thoroughly with soap and water for at least 30 seconds. (A hand sanitizer may be used.)
- * Be extra cautious about your health if you meet older people or people with underlying health conditions who are most at risk of developing severe symptoms.

Infection prevention and control measures that should be followed when traveling

- Refrain from traveling to or from the regions where coronavirus remains widespread.
- Refrain from going home to visit your family or traveling for pleasure. Travel for business only if it is essential.
- Make a note of who you met and where in case you develop symptoms.
- Pay attention to the coronavirus situation in your travel destination.

(2) Basic lifestyle everyone should practice in everyday life

- Wash your hands and sanitize your hands and fingers frequently.
 - Follow “coughing etiquette.”
 - Ventilate rooms frequently.
 - Maintain physical distance.
 - Avoid the Three C’s (closed spaces with poor ventilation, crowded places, and close-contact settings.)
 - Every morning, take your temperature and check your health. Stay at home and do not push yourself if you have a fever or cold-like symptoms.
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- You are not allowed to come to campus for study or work if you are infected with coronavirus, have been in close contact with an infected person, have a high temperature or flu-like symptoms (cough, sneeze, runny nose, sore throat), breathing difficulties, or extreme fatigue, or are suspected of having become infected with coronavirus. You must contact the inquiry counter of your department (the administrative office of your department). If you have a fever, you must stay at home for at least 24 hours until your temperature has gone down and your flu-like symptoms have improved.
 - Avoid visiting shops and facilities where no appropriate measures to prevent infection are put in place (e.g. antiseptic solutions provided, sales assistants wearing masks, ventilation, measures to avoid the Three C’s) and restaurants, karaoke establishments, and live music clubs for entertainment purposes. Also avoid working part time in such places.
 - There are restrictions on social gatherings and events. Please see the “Kochi University’s Response to COVID-19 (Report No. 9)” for more information.
 - The University will not support or co-host social gatherings or events where the implementation of infection prevention and control measures cannot be checked.

- Refrain from taking part in social gatherings or events where no infection prevention and control measures are taken.
- Please see the “Revised Fourth Report (for Students)” and the “Kochi University’s Response to COVID-19 (Report No. 9)” for other points to note.

7. If anyone on campus tests positive for COVID-19

Please see the “Revised Fourth Report (for Students)” for more information.

8. Contact us

Refer to the contact points listed in “9. Contact us” of “Kochi University’s Response to COVID-19” available at the University website (https://www.kochi-u.ac.jp/_files/00139687/200529_E_8.pdf).