

Call for Caution Regarding the Novel Coronavirus (Ver.3)

Mar. 3, 2020

To all Students and Staff

President, Kochi University of Technology

As you know from media, the novel coronavirus has been rapidly spreading across Japan. A female nurse who lives in Kochi city has been confirmed infected with the new coronavirus on Feb. 29. This was the first case in Kochi prefecture.

Under these circumstances, all the students and staff of KUT are requested to follow the measurement described below to avoid catching or spreading the virus.

1 Everyday preventive actions

- 1) Take enough sleep and well-balanced diet of nutrition to increase your immunity.
- 2) Wash your hands with soap and water frequently. Using alcohol-based hand sanitizer gel is also effective. The virus within droplets may stuck on the surface and others can be infected by touching their mouths, noses, or possibly, eyes, after touching the surface that has the virus on it. Possible channels of such transmission include hand straps of trains and buses, doorknobs, switches and buttons.
- 3) Dry air will cause a reduction of defense function of the mucous membrane of the throat. Try to keep a proper humidity (around 50%-60%). Humidifier is one of the most reliable appliances. It is also effective to wash your mouth frequently.
- 4) Try to avoid visiting packed places. Wearing a facemask might help avoid catching droplets emitted from others when you have to be in a clouded rooms.
- 5) When you have symptoms such as coughs and sneezes, please wear a mask or cover your mouth and nose properly. If you cover coughs and sneezes with your hands and touches objects around you with those hands, there is a chance of spreading virus via those objects.
- 6) Let some fresh air in your room every one to two hour.

2 In case of flu like symptoms.

- 1) If you feel unusual with cold symptoms, refrain from going out and keep stay in your house.
- 2) Please contact with the Counseling Center for Coronavirus Disease and see a doctor at designated hospital if you have had cold symptoms or a fever of 37.5° C or over for four days or more, or if you have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing)
- 3) Refrain from visiting multiple clinics or hospitals.

3. University-related activities

All students and faculty members who conduct any activity on campus must meet all the three condition below. Those students and faculty members who do not meet any one of the following condition must stay at home:

- 1) He/she has no symptom of the coronavirus, nor he/she has had close contact with infected person.
- 2) He/she has not been to any of the following countries (area), nor he/she has had close contact with someone from these area in the past 2 weeks:
China, Hong Kong, Macau, Korea (Daegu and/or Cheong), Iran, Italy (northern three states)
- 3) He/she has no symptom of the following:
Fever 37° C, cough, sneeze, runny nose, sore throat, phlegm, headache, shortness of breath and breathing difficulties, fatigue

(Except for the symptom of fey fever)

4. Joining events and sports festival etc.

KUT requires all students and faculty members:

- 1) Refrain from organizing/ joining events and/or official sports festival
- 2) Refrain from holding events with other university's circles and/or practice matches
- 3) Refrain from joining sports practice and/or camp outside of KUT which are conducted in a large group

*There is a risk for infection during expedition. If you are an organizer of an expedition, please confirm participants about their intention once again. Please give the first priority to the prevention of the spread of infection and avoiding the risk.

5. In case you are infected or have close contact with infected person

Please report KUT immediately

6. Visiting to/from oversea countries

- 1) Refrain from visiting the following countries (Those countries which are categorized as Level 2 or higher on "Overseas Travel Safety Information" web site provided by the Ministry of Foreign Affairs of Japan):
China, Hong Kong, Macau, Korea (Daegu and/or Cheong), Iran, Italy (northern three states)
- 2) Refrain from inviting anyone, including business partners/guests, family members and friends, from the above mentioned countries
- 3) If you visit/invite someone to/from the above mentioned countries due to unavoidable circumstances, you must notify the International Relations Section in advance.
- 4) When you go abroad, you must confirm the risk information on "Overseas Travel Safety Information" web site provided by the Ministry of Foreign Affairs of Japan and also register Tabi-reji provided by the Ministry of Foreign Affairs of Japan.

7. If you have close contact with someone from countries where the infection is quickly spreading

- 1) If symptoms, such as fever and cold, appears within 2 weeks after you have close contact, please avoid contact with others, wear a face mask and report to the Counseling Center for Coronavirus Disease
- 2) Please stay at home for 2 weeks even if you do not have any symptoms. You are not allowed to join any university-related activities. When you need to go out or see someone due to unavoidable circumstances, you must wear a face mask.

8. Attendance of faculty and staff

Judge yourself whether you should work or not according to the article 3 of this statement. If you should stay at your house, please consult with personnel section.

9. Other notice for faculty and staff

Refrain from any business trip unless it is urgent.

Holding on-campus events such as conference, symposium, seminars is unfavorable for the time being.

【Contact】

*If you have had cold symptoms or a fever of 37.5°C or over for four days or more, please consult with the Counseling Center for Coronavirus Disease:

The Counseling Center for Coronavirus Disease

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html

The Counseling Center for Coronavirus Disease, Kochi

TEL: 088-823-9300 Open hours: 9:00-21:00 everyday

<https://www.pref.kochi.lg.jp/soshiki/130401/2020020300117.html>

*If you are infected or have close contact with infected person

Student Affairs Section

TEL : 0887-57-1118 Email : student@ml.kochi-tech.ac.jp

*If you are planning to visit/invite someone to/from any of those countries where the infection is rapidly spreading

International Relations Section

TEL : 0887-53-1130 Email : international@ml.kochi-tech.ac.jp

*If you have any trouble in giving or attending classes due to the requested stay home

Educational Affairs Section

TEL : 0887-53-1113 Email : academic@ml.kochi-tech.ac.jp

【Related website】

Ministry of Health, Labor and Welfare

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html

"Overseas Travel Safety Information" web site provided by the Ministry of Foreign Affairs of Japan

<https://www.anzen.mofa.go.jp/>

"Overseas Travel Registration" service provided by the Ministry of Foreign Affairs of Japan

<https://www.ezairyu.mofa.go.jp/>



Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **“coughing manners”** including wearing a mask.

1. Washing hands

Correct way to wash hands.



1 After thoroughly wetting your hands with running water, apply soap and rub the palms well.



2 Rub the back of your hands up and down.



3 Thoroughly rub the fingertips and nails.



4 Wash between your fingers.



5 Twist and wash your thumbs with the palms of your hands.



6 Don't forget to clean your wrists.

Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

2. “Coughing manners”

Three “coughing manners”

- Observe the manners on a train, at work, school or wherever people gather.



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

Correct way to wear a mask.



1 Ensure both your nose and mouth are covered.



2 Place the rubber string over your ears.



3 Cover up to your nose so there are no gaps.



Ministry of Health, Labour and Welfare



Search