

September 3rd, 2020

To all students

Precautions regarding university-related activities and travel per
start of the Supplementary Classes

Student and Educational Affairs Division,
Kochi University of Technology

The period of Supplementary Classes begins on September 1, and many students will resume taking face-to-face classes and exams. A variety of initiatives are underway on campus, such as spaced seating, requiring students, faculty, and staff to wear masks, increased ventilation, reduction of congestion in cafeterias, and other measures to reduce the dispersion of infectious substances and contamination from direct contact. However, your cooperation in implementing the "new lifestyle" measures can further help reduce the risk of infection. We are therefore notifying students of the precautions below and ask for your understanding and cooperation.

1. Health observations and restrictions on participation in university activities

(1) Daily temperature monitoring and health logging

To curb the spread of infection, it is critical that each student and faculty member develop the habit of checking and recording his or her health on a daily basis. Record your temperature daily and check for any health abnormalities, logging the results.

You can use either the A. 「健康日記」 (Kenko Nikki) smartphone app or B. Health observation record (Excel file) described below to track your health. Participation in face-to-face classes, training, and other university-related activities may require reporting your condition.

A. 「健康日記」 (Kenko Nikki)

This smartphone app lets you record your daily temperature and potential symptoms and e-mail them as data to others. (Japanese version only)

<https://www.htech-lab.co.jp/covid19/>

*Please combine your student ID (number) and full name for your username (nickname).

E.g., 1240999RyomaSakamoto

*After logging into the app, click on the "「健康フォローアップ特設ページ」 (Health Follow-Up Special Page) " button to record any symptoms and your temperature.

*「健康日記」 is a health management application developed and provided by HealthTech.Lab Inc.

B. Health observation record

Download the Excel file template linked below and use it to indicate your symptoms, temperature, and activities.

<https://www.kochi-tech.ac.jp/english/news/2020/005097.html>

(2) One week prior to resumption of university-related activities

A range of students from different regions will congregate on campus and in classrooms for special supplemental courses in September. In order to reduce the risk of infection on campus, you must take care of your health and endeavor to prevent the risk of infection especially for a week prior to starting your university-related activities.

(3) Conditions for participation in university-related activities

If you do not meet the “7. Three conditions to join university-related activities (permitted university-related activities)” listed in the “KUT’s Response to the Novel Coronavirus (COVID-19)” dated September 3rd, you are prohibited from university-related activities (including face-to-face classes), and must remain at home without going out.

We will notify you separately regarding how we will be handling tests and absences as a result of the above.

2. Travel to Kochi Prefecture from other regions

If traveling to Kochi Prefecture from other regions, you must fully ascertain your health per the below and take measures to not become infected, or to infect others.

(1) Two weeks prior to date of travel

Only those students satisfying “7. Three conditions to join university-related activities (permitted university-related activities)” listed in the “KUT’s Response to the Novel Coronavirus (COVID-19)” dated September 3rd for a period of two weeks prior to the date of travel are eligible to travel to Kochi Prefecture. Therefore, if you develop a fever or symptoms of a cold during this time, you must postpone your date of travel.

(2) Travel

Given that the majority of infections come from dispersion of droplets and contacts, when traveling, you must wear a mask and carry/use portable disinfectant, avoid crowds, and consider alternative travel arrangements to avoid the risk of infection.

(3) Staying at home after travel

If the national government or your current prefecture of residence has issued a 24-hour stay at home advisory or has requested refraining from traveling to or visiting prefectures including Kochi Prefecture, travel from such prefectures is prohibited*. Likewise, travel from travel avoidance areas designated by Kochi Prefecture, etc., is prohibited. However, travel to Kochi Prefecture for the purpose of resuming university activities shall be permitted, with the requirement that you remain at your home or dormitory for 2 weeks after the travel to Kochi

Prefecture (health observation).

*Currently as of September 3rd, this applies to Okinawa Prefecture (according to official sources). If you have traveled from Okinawa Prefecture, please remain at home for 2 weeks. Please confirm yourself the areas/time periods and details for stay at home or travel avoidance advisories, etc., issued by your current prefecture of residence as necessary before deciding to travel or remain at home in accordance with the above conditions.

3. Private activities

As you have seen in the news, there has been a rapid increase in cases of mass infection of university students. You must exercise precaution regarding the points below and practice the "new lifestyle" measures in your private activities.

- At banquets, karaoke, and other group events, masks are not worn, leading to increased risk from dispersion of droplets, either directly or through food. You should therefore take preventive measures, such as using restaurants equipped with preventive measures and holding only small gatherings.
- Given that extracurricular and club activities carry a higher risk of mass infection, you must wear a mask in changing rooms and club rooms. Meals should be taken at restaurants with sufficient prevention measures in place and with small party sizes. In this way, you must practice prevention before, during, and after your activities.
- When engaging in part-time work, it is important to wear a mask at all times, and to select a workplace where sufficient preventive measures are in place.

Please also refer to the section “2. Precautions to prevent mass infection” found in the “KUT’s Response to the Novel Coronavirus (COVID-19)” dated September 3rd.

4. Miscellaneous

The measures above may be subject to change as circumstances develop.