

## KUT's Response to the Novel Coronavirus (COVID-19)

November 21st, 2022

To all Students, Faculty and Staff

President, Kochi University of Technology

<Recent modifications>

- Changed on Conditions to join university-related activities (Item 6)

Now, even healthy people who have no symptom may have COVID-19 and may spread it. In order to avoid not only catching the virus but also spreading the virus, your cooperation to follow the instruction and to work together is appreciated. KUT requests all the students, faculty and staff of KUT to follow preventative measures below.

Despite younger patients suffering minimal or no symptoms from COVID-19, some become critical and even deaths have been reported. There have been examples of breathing trouble, lethargy, and taste and smell impairments continuing for months after diagnosis. There even have been cases of hair loss recorded. Even younger people are at major health risks, so we urge all students to take preventative measures against infection.

### 1. Everyday preventive actions

Please keep taking the following basic preventive actions, such as keeping social distance with others, wearing a facemask and washing your hands frequently, and also try to practice [“New Lifestyle”](#) shown in the attachment in your daily life so that you can continuously take preventive measure against COVID-19.

- (1) Take enough sleep and well-balanced diet of nutrition to increase your immunity.
- (2) Please ventilate room frequently. (Open windows to ventilate for few minutes, more than once per 30 minutes. Open more than 2 windows at different side of the room if the room has multiple windows so that wind can flow. If the room has only one window, open the door.)
- (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) Please observe proper coughing etiquette. Always wear a mask when you have symptoms such as coughing or sneezing, and in the event you must cough or sneeze while not wearing a mask, please use a tissue, handkerchief, sleeve, or the inside of your elbow to cover your mouth and nose. If you stifle a cough or sneeze with your hands, the virus will be spread to anything you touch with your hands. If you accidentally used your hands, please wash them thoroughly, and use alcohol hand sanitizer if available.
- (5) 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, nose, 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.
- (6) Try to avoid using goods and equipment, such as phones, PCs and desks, with multiple people. If you need to use them unavoidably with others, sanitize them frequently.
- (7) Check your health condition every morning (taking your temperature, etc.). If you have any flu-like symptoms, stay home.
- (8) Please wear a mask when going out.(non-woven masks recommended) In situations where it is

not possible to maintain sufficient distance between yourself and others, please always wear a mask, especially indoors. However, wearing a mask in a high temperature or high humidity environment may increase the risk of heatstroke, so remove your mask when you are outdoors and able to maintain sufficient distance from others (at least 2 meters). [Wearing a mask outdoors and indoors](#)

(9) Please refrain from going to crowded places as much as possible.

(10) Please avoid talking while a meal, also refrain from talking even if there are acrylic panels in between. After a meal, wear a mask and start talking but do not speak loudly.

**You are recommended to buy a pain killer and an antigen qualitative test kit with pharmaceutical approval beforehand, in case you get sick or have a fever. Also recommended to prepare the food and drinks.**

Please follow the link below about where to buy the antigen qualitative test kit or take the test.

- Online

[Ministry of Health, Labour and Welfare](#)

- Pharmacies

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000082537\\_00001.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000082537_00001.html)

- Take advantage of free test of Kochi prefecture

<https://www.pref.kochi.lg.jp/soshiki/130401/muryou-kensa.html>

[How to choose appropriate pain killers on the market.](#)

## **2. Precautions to prevent mass infection**

Many new clusters are being reported at places where young people and students congregate. Each person must take the preventative measures against mass infection.

(1) Thoroughly avoid places where there is increased risk of the three Cs: closed spaces, crowds, and close contact settings. We ask students cooperate for the zero C.

(2) Strictly refrain from parties and meals with large groups.

(3) If using restaurants for group meals, ensure that the restaurant has taken preventive measures like installing protective panels to block the dispersion of droplets. You are recommended to choose restaurants called 「高知家あんしん会食推進の店」, which are taking infection prevention measures. A certified sticker is shown at the certified restaurants. Check it on [the website](#).)

(4) When engaging in part-time work, wear a mask at all times, to avoid taking meals with others and to select a workplace where sufficient preventive measures are in place.

(5) Take adequate prevention measures before and after club activities, not only during practice. (Such as proper use of club rooms and changing rooms, selecting suitable restaurants, etc.)

For those who are worried about COVID infection with no symptoms living in Kochi prefecture (equivalent to a close-contact person cannot be taken a test), can take a free test for the time being as below. If you have any symptoms such as a fever, please follow the next NO.3.

**【Information on free testing for those who are worried about COVID infection】**

<https://www.pref.kochi.lg.jp/soshiki/130401/muryou-kensa.html>

For the information how to get test kits, please refer to the procedures [From testing to removal of home quarantine](#).

## **3. In case of flu like symptoms 【For International Students】**

(1) If you have any symptoms, such as a fever or flu-like symptom, stated on “③ of 6. Conditions to join

university-related activities “, you must stay home and avoid seeing people as much as possible.

- (2) Refer to [From testing to removal of home quarantine](#). If your body temperature exceeds 37.5 degrees Celsius, you must see a doctor or take a test promptly. Even if your temperature is lower than 37.5, in the case the symptoms last, you should take a test or see a doctor. When you have a severe condition and cannot decide whether or not to call an ambulance, you can call #7119 first to consult an expert.
- (3) **Please contact IRC when you are diagnosed with COVID or start a home quarantine without diagnosis.**  
If you are diagnosed with equivalent to positive by a doctor due to your family members living together are infected. In this case, also please contact IRC.  
International Relations Section TEL : 0887-53-1130 Email : [international@ml.kochi-tech.ac.jp](mailto:international@ml.kochi-tech.ac.jp)
- (4) Even if the test is negative, you need to stay home until you fully recover. In the case you take a PCR test, please stay home until the result found out. Please follow instructions from a doctor if you are ordered a period for home quarantine.

#### 4. Regarding classes and research activities

- (1) Considering COVID situation, we are holding classes face-to-face taken the preventive measures such as taking a seat distance for all academic years as a general rule.
- (2) Research activities are conducted with careful infection prevention measures, such as avoiding the three C's etc.

#### 5. Extracurricular activities by student groups

Please refer to the following for details.

[The handling of extracurricular activities due to the application of the priority preventive measures.\(only in Japanese\)](#)2022/10/12

#### 6. Conditions to join university-related activities

Students who are not applied to the following conditions can join face-to-face university-related activities (face-to-face classes, laboratory activities, extracurricular activities and other activities KUT permits). Those students who are applied to the followings must stay home and have a flu-like symptom, please refer to “3. In case of flu like symptoms” above and take a test or see a doctor. (Even if the test is negative, stay home until you recover.)

- ① He/She is diagnosed with COVID-19 or a test is positive and he/she does not complete a period of quarantine.\*1
- ② He/She had a close-contact with an infected person within the past 5 days.\*2
- ③ He/She has symptoms of suspected infection, such as a fever, cough and sore throat.
- ④ He/She is asked a home quarantine by the university, the health care center, medical facilities or government rules.

\*1 With symptoms: Until day 7. Day 0 as the date of a first symptom appeared. 24 hours after symptom resolution. For the details, visit this link. [Review of recuperation periods](#)

\*2 Close contact is in the following situations during a probable period of infection.

- Having meals with a conversation without acrylic panels.
- Conversation at close distance (arm's length) for over 15 minutes without a mask.
- Even with a mask, long time together in a small space with poor ventilation (about 1 hour or more, including in a car). For the details, refer to [How to see if you are a close-contact person](#).

■ Period of home quarantine if you are a close-contact person

Until day 5. Day 0 as the date of last contact with a positive person.

■ Period of home quarantine if your family members are close-contact persons

Up to day 5, from the later of “the date of a first symptom occurs for a positive person ( a test for a negative person)” and “the date when starting to take preventative measures in a house”, starting with Day0. \*The preventative measures in the home:

<https://www.mhlw.go.jp/content/10900000/000601721.pdf>

■ For the details about movement restrictions for close-contact persons, refer to this [Precautions of close-contact persons.](#)

## 7. When found to be positive

When you are diagnosed with COVID or found out to be infected without diagnosis, please contact IRC immediately. You will be asked to contact your close-contact persons by yourself.

\*In the case you are diagnosed with equivalent to positive by a doctor without a test due to your family members living together are infected, please contact IRC.

International Relations Section TEL : 0887-53-1130 Email : [international@ml.kochi-tech.ac.jp](mailto:international@ml.kochi-tech.ac.jp)

You can check a period of home quarantine in [From testing to removal of home quarantine.](#)

How to register [“Follow up center”](#), which for a person who is going to stay home for quarantine and can consult with nurses, doctors or staff members when symptoms worse.

## 8. Administrative Services at the Administrative Office

Students need to contact the section in charge via email or phone in advance if he/she wishes to come to the administrative office. The person in charge will inform him/her the date and time he/she can come to the office. This applies to their visiting to the Health Consultation Office.

## 9. Travel of Students

(1) At a request of Kochi prefecture and other prefectures, under taking sufficient preventative measures and go on a trip as stated (3). However, we ask you to refrain from traveling to the following areas ① and ②, if it is not urgent and necessary. If you must travel to the areas, please comply with university-related activities restrictions for 7 days after returning from the trip.

- ① Areas where a state of emergency has been declared (During the period it's been declared)
- ② Areas where the priority preventative measures are taken (During the period it's applied)

Please check a situation on the website of each prefecture.

Visit [here](#) for a current situation of Kochi prefecture.

- Travel subject to restrictions: All travel, including personal travel, job hunting, extracurricular activities, research trips, academic conference participation, etc. (includes day trips)
- As for away matches or other travels conducted by student groups, only an official game or activity equivalent to it, which is judged as crucial and with the appropriate infection prevention measures by Student Affairs Section will be allowed to travel to above areas ① and ②.
- Students taking an “internship” course abide by the policies detailed in the lecture.
- Duration of university-related activities restrictions after trip: 7 days

If it is deemed a necessity to travel to areas ① and ② stated above, the “start of university-related activities restriction period” described below shall be considered as day 0 and you will not be allowed to participate in university-related activities of a high risk of contact with others until day 7 (face-to-face classes and research activities will not be restricted.) Please also avoid contact with other people during your personal time.

#### [Prohibited Activities]

- Having meals with other students in the cafeteria (even if there are acrylic panels in between)
  - Group sports training sessions or matches where social distancing is not possible, and more
- \*From day 8 onwards, you must continue to strictly monitor your health until day 14 and if you have a fever or flu-like symptoms, please see a doctor and do not attend any university-related activities.
- Start of university-related activities restriction period: the following days, whichever comes earlier
  - The day you return to Kochi Prefecture
  - The day when all restrictions for the high infectivity rate area, such as outbreak areas, state of emergency or priority preventative measures have been lifted.

- (2) If Kochi Prefecture is designated an above area or Kochi prefecture requests residents to refrain from traveling to other prefectures, we ask you to refrain from traveling to all locations outside of Kochi Prefecture. However, if it is necessary to travel, please take adequate steps to prevent infection during your trip, as described in (3). After returning from a trip to areas ① and ② (excluding Kochi prefecture), please comply to university-related activities restrictions for 7 days after returning from the trip and strictly monitor your health until day 14, as described in (1).
- (3) When traveling, make sure you fully understand that the main routes of transmission of the COVID-19 are through droplets and direct contact. Make every effort to prevent infection by wearing a mask, bringing and using portable hand sanitizer, staying away from crowded spaces, and select a means of transportation with a low risk of infection. Try to avoid stopping in areas other than your destination.
- (4) Avoid inviting your guardians and/or acquaintances who reside in an outbreak area ① and ② without considering. If it is absolutely necessary, please consider infection prevention measures such as having them get a PCR test in advance.
- (5) The above restrictions may change in response to the emergence of new variants and the situation. In addition, if deemed necessary, we may impose other restrictions after holidays when large numbers of students are expected to return to Kochi at the same time.

#### 10. Regarding vaccinations

Please refer to our website regarding [information on COVID-19 vaccinations](#).

KUT will conduct a vaccination hosted by Kochi University for the third and fourth dose on 23<sup>rd</sup> November, 2022. Vaccine type is Moderna (bivalent vaccine of the original strain and Omicron strain (BA.1)).

We have already done the vaccination for the 1<sup>st</sup> and 2<sup>nd</sup> dose in November, 2021 and for the 3<sup>rd</sup> dose in June, 2022.

#### 11. Attendance or business trips of the faculty members and staff

Please abide by the following policies based on notification announced by Personnel Section on August 26, 2022.

“教職員の勤務等の取り扱いについて（第10版）” written in Japanese.

- (1) As for physical attendance, judge yourself according to the KUT measure stated in the item 6 “Conditions to join university-related activities”. If you do not meet the criteria, please report to your department head and the Personnel Section (contact information at the end of this document), and work from home. Alternatively, you may take special vacation time according to the instruction given by the Personnel Section. If you have been infected, designated as a close contact, have been in contact with someone who tested positive, or if your family or housemate has been designated as a close contact, please notify your head of faculty or the Personnel Section.
- (2) Please take the preventative measures at a request of Kochi prefecture or other prefectures when you go

on a business trip. If Kochi prefecture is applied to the conditions of areas where a state of emergency has been declared or areas where the priority preventative measures are taken, please avoid all business trips to areas outside of Kochi. If it is deemed essential after discussion with your department head and the Personnel Section, you will be allowed to go on the condition that you refrain from participating in university-related activities with high risk of contact with other persons for 7 days and must strictly monitor your health for another 7 days.

(3) Invitation from outside of Kochi and private travels apply to (2).

(4) Holding face-to-face events, consult with the General Affairs Section.

## 12. Visiting overseas countries

The restrictions are as follows, according to the risk level stated in [Overseas Travel Safety Information](#) released on the website of [Ministry of Foreign Affairs](#). For the faculty members, please refer to “教職員の勤務等の取り扱いについて（第10版）” written in Japanese. Personal travels also applies to the followings.

Level	Restrictions
Level 1	Self-restraint, however, permitted if deemed essential
Level 2	Generally prohibited, however, permitted after IRC confirms the safety of the host institution, its support system.
Level 3 and above	Forbidden

### **【Contact】**

\*The Counseling Center for Coronavirus Disease

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

New Coronavirus Health Counseling Center Kochi

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

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

\* During working from home when you are infected or are regarded as a close-contact person, etc. (a faculty or staff member)

Personnel Section

TEL: 0887-53-1112 Email: [personnel@ml.kochi-tech.ac.jp](mailto:personnel@ml.kochi-tech.ac.jp)

\*If a faculty or staff member would like to consult about face-to-face events, field works or research trips.

Contact: General Affairs Section

TEL: 0887-53-1111 Email: [general@ml.kochi-tech.ac.jp](mailto:general@ml.kochi-tech.ac.jp)

Contact information of KUT for others

[https://www.kochi-tech.ac.jp/about/contact/contact\\_info.html](https://www.kochi-tech.ac.jp/about/contact/contact_info.html)

### **【Related website】**

Ministry of Health, Labor and Welfare

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](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/>



# Example of practicing "New Lifestyle"

## ( 1 ) Basic infection prevention measures for each person

### Three basics for preventing infection:

#### ① Keeping physical distance, ② wearing a mask, ③ washing hands

- ☐ Keep a distance of two meters as much as possible, or at least one meter, between two persons
  - ☐ Chose outside rather than inside if you are to play
  - ☐ Avoid standing right in front of each other during conversation as much as possible
  - ☐ Wear a mask when you go out or talk inside even without any symptoms
  - ☐ Wash your hands and face first when you get back home, followed by changing clothes and showering as soon as possible
  - ☐ Carefully wash your hands with water and a soap for approximately 30 seconds (also possibly with hand sanitizer)
- ※ Pay more attention to your health, especially when meeting those who may have a high risk of serious symptoms, such as the elderly or people with chronic diseases.

### Infection prevention related to traveling

- ☐ Refrain from traveling to and from where the infection is prevailing
- ☐ Refrain from traveling upcountry or for leisure. Business trips only when it is unavoidable
- ☐ Keep a record of the people you meet and the time of meeting in case you get infected
- ☐ Carefully follow how the infection is prevailing locally

## ( 2 ) Basic lifestyle for daily life

- ☐ Wash and sanitize hands frequently
  - ☐ Make sure to observe coughing etiquette (by covering your mouth)
  - ☐ Ventilate frequently
  - ☐ Keep physical distance
  - ☐ **Avoid gatherings in crowded places, close contact settings and closed spaces**
  - ☐ Check your health condition and measure body temperature every morning
- Do not force yourself to go out, and stay home if you have symptoms of fever or cold



## ( 3 ) Lifestyle for each scene of daily life

### Shopping

- ☐ Use online shopping
- ☐ Shop by yourself or in a small group, at off-peak hours
- ☐ Use electronic payment
- ☐ Plan your shopping in advance and shop quickly
- ☐ Refrain from touching displays like samples
- ☐ Keep a distance while lining up at the cashier

### Leisure, Sports etc.

- ☐ Select places like parks at off-peak time
- ☐ Refer to videos for home muscle training or yoga
- ☐ Jog in a small group
- ☐ Keep a distance as etiquette when passing others
- ☐ Utilize booking systems for leisure
- ☐ Do not stay long in small rooms
- ☐ Keep a distance or stay online for singing or cheering others

### Public Transports

- ☐ Refrain from chatting
- ☐ Avoid peak-hours
- ☐ Also take a walk or use bikes

### Meals

- ☐ Take away or delivery
- ☐ Enjoy meals at outside spaces
- ☐ Serve individually, avoid sharing plates
- ☐ Do not sit face-to-face, rather besides
- ☐ Concentrate on eating, refrain from chatting
- ☐ Avoid serving alcohol, sharing glasses or sake cups

### Family ceremonial occasions

- ☐ Avoid banquets or meetings with large numbers
- ☐ Decline participation when you have symptoms of fever or cold

## ( 4 ) New working style

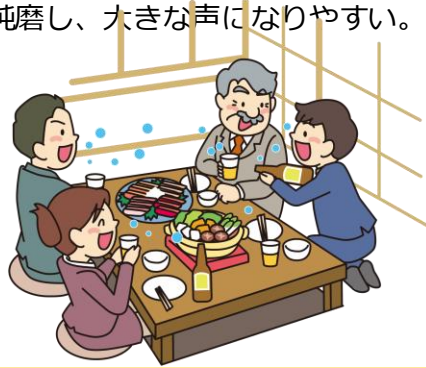
- ☐ Work remotely and rotate commuting shifts
- ☐ Keeping a distance while commuting during different working hours
- ☐ Open and widen working spaces
- ☐ Use online meetings
- ☐ Exchange business cards online
- ☐ Wear a mask and ventilate venues in case of a face-to-face meeting

※ Infection prevention guidelines for each business sectors will be prepared by relevant organizations.

# 感染リスクが高まる「5つの場面」

## 場面① 飲酒を伴う懇親会等

- 飲酒の影響で注意力が低下する。また、聴覚が鈍磨し、大きな声になりやすい。
- 特に敷居などで区切られている狭い空間に、長時間、大人数が滞在すると、感染リスクが高まる。
- また、回し飲みや箸などの共用は感染のリスクを高める。



## 場面② 大人数や長時間におよぶ飲食

- 長時間におよぶ飲食、例えば深夜のはしご酒では、昼間の通常の食事に比べて、感染リスクが高まる。
- また大人数、例えば5人以上の飲食では、大声になり飛沫が飛びやすくなるため、感染リスクが高まる。



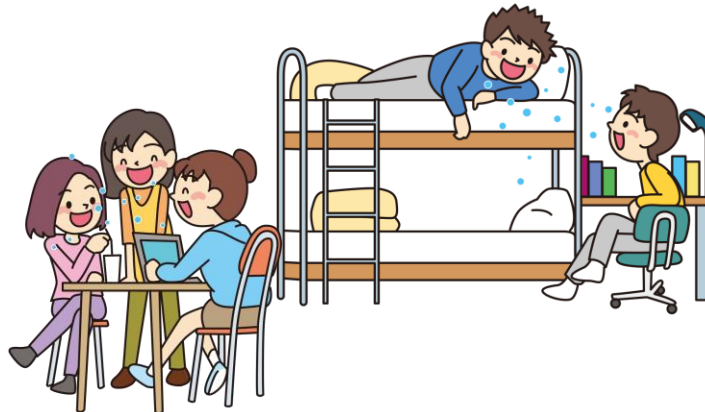
## 場面③ マスクなしでの会話

- マスクなしに近距離で会話をすることで、飛沫感染やマイクロ飛沫感染での感染リスクが高まる。
- マスクなしでの感染例としては、昼カラオケや野外のバーベキューでの事例が確認されている。



## 場面④ 狭い空間での共同生活

- 狭い空間での共同生活は、長時間にわたり閉鎖空間が共有されるため、感染リスクが高まる。
- 寮の部屋やトイレなどの共用施設での事例が確認されている。



## 場面⑤ 居場所の切り替わり

- 仕事での休憩時間に入った時など、居場所が切り替わると、気の緩みや環境の変化により、感染リスクが高まることもある。
- 休憩室、喫煙所、更衣室での事例が確認されている。車やバスで移動する際の車中でも注意が必要。





# 「マスク会食」で 守って欲しいこと

## 感染リスクを下げながら 会食を楽しむ方法

- ①少人数・短時間で
- ②なるべく普段一緒にいる人と
- ③深酒・はしご酒はひかえ、適度な酒量で
- 箸やコップは使いまわさず、  
一人ひとりで
- 座る時は、お互いの正面や  
真横を避け、斜め向かいに
- 飲食する時だけマスクを外し、  
会話の際にはマスクを着けて