

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

May 12<sup>th</sup>, 2023

To all Students, Faculty and Staff members

President, Kochi University of Technology

<Recent modifications>

- Update on information of downgrading the COVID status to “Class 5” (Item 1(2) (3), 2, 3, 5, 6, 8)
- Update on Upcoming classes, etc. (Item 4)
- Changed on Mask use guideline, Daily precautions, Precautions to prevent mass infection, Extracurricular activities (Item1, 2, 5), Abolition of restrictions on travel and Special rules for overseas travel

Since the legal status of the novel coronavirus was downgraded to “Class 5,” the same category as common infectious diseases such as seasonal influenza, KUT's Response to the Novel Coronavirus from April 1<sup>st</sup> is as follows.

- **Promote university-related activities while paying attention to infection prevention.**
- **Enhance infection preventive measures temporarily if the spread of infection has a significant impact on the continuation of university-related activities.**

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. You may infect others around you who are at high risk of infection, even if your risk is low.

Even though the legal status has been changed, it does not mean that you will no longer be infected with the novel coronavirus. It is still necessary to take preventive measures in various situations.

**Even after May 8<sup>th</sup> when the test is positive, infected people are subject to stay home (cannot join face-to-face university-related activities) for the designated period based on School Health and Safety Act. In addition, if you have symptoms such as fever, or if you have a close-contact with infected people, please take preventive measures not to spread the infection and wear non-woven masks at all time. Please refer to 6. If found to be infected and 3. In the case of fever or flu-like symptoms/ you may be infected.**

**Please follow the link for more information:**

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708\\_00079.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html)

## 1. Everyday preventive actions

### (1) Wearing a mask

In accordance with the government policy, wearing a mask in university-related activities at KUT has been depending on personal choice basically from April 1<sup>st</sup>, 2023.

Wearing a mask is to avoid flying infectious particles to others in a conversation or coughing (not to infect others), to avoid inhaling infectious particles around you (not to be infected). In light of this, you can decide whether or not to wear a mask considering the followings.

- Infection situation in your city, prefecture
- Width of place
- Density of surroundings
- Ventilation conditions
- How long to stay there
- Risk of worsening of surrounding people

In addition to the followings:

- Please cooperate in wearing a mask if you talk with others who have a meal.
- Please be considerate and wear a mask for people around you who are healthy but wish to wear a mask to avoid infection so that they can spend the time without feeling uneasy.
- Also be considerate to be understanding and respectful of personal choices not to force someone to wear or take off their masks against their intentions.

KUT will enhance infection preventive measures temporarily and ask to wear a mask if the infection has spread significantly.

Reference: [Mask Use Guidance](#)

## (2) Daily precautions

Please keep taking the following basic preventive actions.

	Items	Precautions
(1)	If you have symptoms or a concern about infection, consider others	<u>In case you may be infected, wear a non-woven mask thoroughly, refrain from having a meal with others, etc. Please consider not spreading infection.</u> If you have a symptom, please consider to take a test with a test kit or see a doctor. Refer to 3. In case of flu-like symptoms/ infection is suspected
(2)	Observe wearing a mask and proper coughing etiquette accordingly	Please see (1) above about mask-use. While you are not wearing a mask, ensure coughing etiquette. When coughing or sneezing without a mask, cover your mouth and nose with a tissue, handkerchief, sleeve, or the inside of your elbow. 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. <u>When you have a meal without a mask, be considerate to others and eat in silence.</u> Please cooperate in wearing a mask when conversing with people who are eating around you.
(3)	Avoid places of 3 Cs, keep good ventilation	Please continue to avoid places where there is increased risk of the 3 Cs: closed spaces, crowds, and close contact settings, take social distance to the extent possible, and ventilate effectively with air flow awareness. E.g. 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. Effective ventilation (in Japanese): <a href="https://www.youtube.com/watch?v=utlnrLrxfmc">https://www.youtube.com/watch?v=utlnrLrxfmc</a>
(4)	Washing hands	Wash your hands with soap and water taking from 20 to 30 seconds before having a meal or after using a restroom, returning home. Even if there is no soap, wash it carefully taking for the same amount of time. Using alcohol-based hand sanitizer gel is also effective. Do not touch your eyes, nose, or mouth carelessly with hands as the virus may be on your hands.

(5)	Moderate exercise and diet	To boost your immune system, get enough sleep, exercise moderately, and eat a well-balanced diet.
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### (3) Daily preparation

You are recommended to buy a fever reducer and 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.

#### ■How to get an antigen qualitative test kit

Please buy and use the test kit with the following methods below.

##### • Purchase online

Refer to the website of Ministry of Health, Labour and Welfare(English available by language settings)

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

Please choose pharmaceutical approved test kit listed “class 1 OTC drugs” 「第1類医薬品」

A type that collects specimens from the nasal cavity is recommended. “For studies” 「研究用」 is not approved by the government.

##### • Purchase at pharmacies

Available at pharmacies with pharmacists. Please buy pharmaceutical approved test kit listed “in vitro diagnostic reagents” 「対外診断用医薬品」 or “class 1 OTC drugs” 「第1類医薬品」 A type that collects specimens from the nasal cavity is recommended. Please note that it may not be in stock.

Map and list (English available by language settings):

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

#### ■How to choose a fever reducer/ pain killer

Refer to the website (English available by language settings):

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00404.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00404.html)

## 2. Precautions to prevent mass infection

(1) Avoiding places where there is increased risk of the three Cs: closed spaces, crowds, and close-contact settings is effective measures to prevent infection. We ask students to cooperate for the zero C.

If there are an unspecified number of people, taking a distance between people and choosing a less crowded time or place can decrease the risk of infection.

(2) When you are joining a social event, etc. over a meal or drink with a large group of people, please wear a mask while you are talking, and take a measure to avoid infection. Please refrain from behaviors with a high risk of infection, such as offering and returning drinks (using the same glass with others), or speaking loudly in a drinking session.

(3) You are recommended to use restaurants where are taking preventive measures to prevent infection, such as installing acrylic panels and devising seating arrangements.

(4) Be aware of infection not only during practice, but also before and after club activities. (Such as proper use of club rooms and changing rooms, selecting suitable restaurants after practice, etc.)

## 3. In case of flu-like symptoms/ infection is suspected

(1) If you have any symptoms, such as a fever or flu-like symptoms, in case your roommates are infected, you are suspected to have a close-contact with infected people, or you are concerned about infection, please take

care not to spread the infection to others by wearing a non-woven mask thoroughly, refraining from having a meal with friends, washing or disinfecting your hands frequently or ventilating the room.

(2) Please consider taking a test or seeing a doctor. (Refer to “How to get an antigen qualitative test kit” above)

(3) It is said that the risk of infecting others is high from 2 days before the appearance of symptoms to 7-10 days after the appearance of symptoms, especially during the first 5 days.

(4) If your roommates are infected, please take measures not to spread the infection to others, such as to separate a room in a house if possible, ventilate the room, disinfect the shared room, or to avoid using the same towels or dishes. Please pay attention until day 5, day 0 as the date of the first symptom appeared that the risk of infection is high. Take care of your health condition for 7 days.

#### 4. Regarding classes and research activities

Please refer to [“Upcoming classes, etc.”](#)

#### 5. Extracurricular activities

Please refer to the following link for details.

[The handling of extracurricular activities due to the application of the priority preventive measures. \(Only in Japanese\)](#) Applied period from May 8, 2023

#### 6. If found to be positive

If the infection is found, you cannot attend face-to-face university-related activities for the designated period based on School Health and Safety Act.

Details: Refrain from joining the university activities until day 5, day 0 is the day of the first symptom appeared (or the day you take a test if you have no symptoms).

If the symptoms last until day 5, you can attend university activities after the symptoms (phlegm and sore throat) disappear, and 24 hours past. In case of severe symptoms, please see a doctor.

Since there is a possibility of viral shedding until 10 days after the symptoms appear, please take preventive measures not to infect others, such as to wear a non-woven mask thoroughly, refrain from having a meal with friends, disinfect or wash your hands frequently, or to ventilate the room.

If you still have symptoms of coughing or sneezing after day 10, be sure to wear a mask as an etiquette.

In case you are absent from a class, report it by portal system or contact IRC before the class.

\*As for the faculty members, report to a department head and stay home for a certain period of the same as students.

#### 7. Regarding vaccinations

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

KUT conducted a vaccination hosted by Kochi University for the first and second dose in the beginning of November, 2021, for booster shots on 11<sup>th</sup> June and 23<sup>rd</sup> November, 2022.

#### 8. Restrictions of facility rentals for visitors, etc.

Lending university facilities to visitors has been suspended, please contact Property Management Section.

**【Related websites】**

[COVID-19 Information and Resouces \(corona.go.jp\)](https://corona.go.jp)

[Updates of COVID-19 information](#) (English available)

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