

August 5, 2021

Dear students,

Educational Department/Student Support Department

Continuing Infection Prevention Measures and Travel Restriction Updates

Summer break is coming up, and the virus is spreading once again, not just in the Tokyo area, but also in Kochi prefecture. We are aware that many students are considering leaving Kochi to visit their hometown during this summer break, and we ask that all students continue being careful to minimize the risk of infection.

As an infection prevention measure, KUT currently requires that our students self-quarantine for 14 days after returning from the prefecture if they had to travel to an area that has declared a state of emergency, etc. We have updated our requirements as detailed below, with these new requirements being effective starting on August 8th, 2021.

If the situation rapidly worsens, we may update our policies again, so please check frequently for updates from KUT.

1. Regarding travel to outbreak areas

We ask that all our students refrain from traveling to areas that have declared a state of emergency, regions where its cities and areas taking the priority measures, such as for prevention of the spread of disease, and regions that have reported at least 15 new infected people per 100,000 people in the last week (hereinafter referred to as “outbreak areas”). However, if the student has a pressing reason to visit these regions, such as visiting their hometown, job hunting/internship, or laboratory activities, we ask that they restrict their activities to the bare minimum and sufficiently minimize their risk of infection.

We also ask students make sure that they abide by the requests and recommendations of the governor of the region they are traveling to.

*We ask that the students taking an “internship” course abide by the policies detailed in the lecture.

2. Regarding the shortening of the self-quarantine period

KUT previously prohibits students returning to Kochi prefecture after visiting an outbreak area from participating in face-to-face university-related activities for 14 days. However, as stated by the Ministry of Health, Labour and Welfare, because it usually takes 5 days after being infected for the person to start displaying symptoms, and because there have been essentially no reported cases of people getting infected due to a class in universities, we are shortening this period to 7 days.

However, we require that our students continue monitoring their own health carefully even while participating in university-related activities for the remaining 7 days, and that if a student notices signs of a fever or flu-like symptoms, they refrain from going out and immediately contact International Relations Section.

Furthermore, we still require that our students who got a PCR test after being certified by the public health center as the person who had close contact or contacted with an infected person, as

well as our students who have been asked to stay at home after being suspected to have been infected by university to self-quarantine for 14 days (with outing restrictions) as before.

<Activity restriction types>

	Situation	Activity restrictions
Self-quarantine	When returning from a outbreak area or when displaying symptoms such as a fever and/or flu-like symptoms	Face-to-face university-related activities are prohibited. <u>The student is asked to avoid coming into contact with others to the extent possible</u> in order to minimize the risk of others getting infected regardless of whether they are affiliated with the university or not. *If you have activities such as part-time jobs that your livelihood depends on, please talk it over with your employer and/or those involved.
Self-quarantine (with outing restrictions)	When being certified as the person who had close contact with someone who tested positive	Face-to-face university-related activities are prohibited <u>With the exception of activities that the student's livelihood depends on such as going out to buy groceries, the student is requested to refrain from going out</u> in order to minimize the risk of others getting infected regardless of whether they are affiliated with the university or not.

3. Inviting guests from an outbreak areas

We ask that our students refrain from inviting their guardians and/or acquaintances who reside in an outbreak area.

If it is absolutely necessary, please consider infection prevention measures such as having them get a PCR test in advance.

*If the local government where your family and/or acquaintances reside has requested that citizens “refrain from crossing prefecture borders,” please abide by these guidelines.

4. Regarding summer intensive classes and second semester classes

Summer intensive classes will be offered in September, and the second semester will start afterwards in October.

We request that our students who are visiting their hometown check the schedule for the classes they are enrolled in and give themselves plenty of time by returning to Kochi prefecture 7 or 10 days before classes start.

Furthermore, we ask that our students pay close attention to the intensive class schedule. Many of the summer intensive classes that will be offered in September are being taught by part-time faculty members, so we may be unable to process the student's absence notice if they return from an outbreak area in the last minute.

Regarding the classes, we plan on continuing the infection prevention measures that were in

place during the first semester (restricting the number of people in a classroom, enforcing the use of masks, changing class times, having students submit absence notices when they feel sick, etc.), but these measures may be changed depending on how the situation develops. Please make sure to check for messages from KUT using the student portal system.

*We will not set a period of offering online classes that were implemented at the beginning of April.

5. Regarding vaccinations

(1) As stated in a previous message, the university arranged vaccination that Kochi University is hosting to get vaccinated for our students at Oko Campus is scheduled in October. You will receive instructions through the portal walking you through how to sign up to get vaccinated as well as information on where you can send your questions in the middle of summer break, so please keep this in mind if you want to receive the vaccine.

For international students, IRC will provide instructions separately.

(2) You will need to submit your “vaccine card” even if you received the vaccine through the university arrangement.

(3) If you plan on receiving the vaccine through university arrangement, please keep in mind that you will need to return to Kochi prefecture 14 days prior to your scheduled vaccination date.

6. Conditions to join university-related activities (permitted university-related activities) (repost)

Students who have met all the three conditions are allowed to join face-to-face university-related activities (face-to-face classes, laboratory activities, extracurricular activities and other activities KUT permits). Those students who do not meet any one of the following conditions must stay at home:

(1) He/she is not applicable to all of the following.

① He/she is infected with COVID-19

② He/she is certified as the person who had close contact with an infected person or the subject of administrative tests, including PCR test.

③ His/her family member or house mate has been certified as the person who had close contact with an infected person or the subject of administrative tests, including PCR test.

④ He/she has (or might have) had close contact with an infected (or suspected infected) person.

⑤ He/she has been requested by a medical facility or a public health center to stay at home.

⑥ He/she is ordered by KUT to stay at home.

(2) He/she is not applicable to all of the following.

① He/she entered Japan in the past 2 weeks from other countries

② He/she had close contact in the past 2 weeks with someone who had entered Japan within 2 weeks prior to the contact.

(3) He/she has no symptom of the following:

Fever over around 37.5°C, Cough, Sneezing, Runny nose, Nasal Congestion, Sore throat, Phlegm, Cold symptoms, Fatigue, Shortness of breath, Taste/Smell disorder

* Expect for the symptoms you are aware of the cause, such as fever

* For example, even if you only have a sore throat and are unsure if it is a different illness you are aware of, please remain at home.

* Regarding fevers, be sure to remain at home if your temperature exceeds 37.5 degrees Celsius. Even if your temperature is below 37.5 degrees, if your normal temperature is in the range of 36 degrees and you feel like you have a fever, please remain at home just in case.

* If by some chance you have been infected with COVID-19, you will need to remain at home to avoid infecting other people, so, if there is concern, please choose to remain at home.

- Students for whom item (1)* or (2) above applies or who have taken a test for COVID-19 from an administrative organ including a PCR test under doctor's advice must not join any university-related activities and must notify the contact desk below. If you are not sure this applies to you, please contact us and don't join any university-related activities as well. As for the time of resuming face-to-face university related activities, KUT will inform the individual after the consultation with Public Health Center and other related institutions. * Except (1)-⑥

International Relations Section

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

- In case "COVID-19 Contact Confirming App COCOA", recommended by the Ministry of Health, Labor and Welfare, confirms that you have had close contact with a person who tested positive for COVID-19, please don't attend any university activities and make phone call to see a doctor. In case you take/have taken a test for COVID-19 from an administrative organ including a PCR test under doctor's advice, please contact International Relations Section.
- Students who would like to consult about the conditions above
Health Consultation Office
TEL: 0887-57-2020 (Weekday 8:30-17:15)

* If you are international student, please contact the following.

International Relations Section

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

References

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