

* __ parts have been revised.

Student Action Guidelines for Preventing COVID-19 Infection
(Updated on March 3rd)

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Decided by University of Fukui

Headquarters for COVID-19 Crisis Control

According to the “Act on Pandemic Influenza and New Infectious Diseases Measures”, the government has currently declared a state of emergency in Tokyo, Saitama, Chiba, and Kanagawa until March 7th (The state of emergency was lifted in 6 prefectures including Aichi, Gifu, Kyoto, Osaka, Hyogo, and Fukuoka on February 28th). Fukui prefecture’s own warning was lifted on February 28th.

Moving to/from other prefectures is still something to be very careful about, as indicated above. Especially in a university, it is worrisome that group infections may occur because many students move to/from various areas. In fact, some students at the University of Fukui have actually got PCR tests because they have had a dinner with multiple people, and it was considered close contact with a COVID-19 patient.

In addition, although many young people tend to be asymptomatic or have mild illness in the confirmed cases, there are also cases of severe illness or death. Persistent symptoms of headache, taste disorder and etc., which might be considered as sequelae of COVID-19, have also been reported. Therefore, student life and activities such as job hunting, as well as other health risks, can be affected by the infection. Based on this, after March 3rd, please keep in

mind the points below for the time being in order to minimize the risk of infection:

In addition, do not slander or discriminate against infected persons, those who have close contact with infected persons, medical personnel, their families, or related parties.

Since the status of COVID-19 is changing globally every day, our measures or student support may change in future. We will post messages from the President or other notices from the university in addition to this policy as needed, so please check the university website or student portal every day.

If you have any questions or concerns, please contact the **[Contact Information]** at the bottom of this notice. (You should send an e-mail when the university is closed during the winter break.)

1. Basic Policy

(1) Take infection control measures thoroughly, such as by maintaining space between people by keeping 2 meters apart (or 1 meter at the very least) and by wearing a mask (coughing etiquette) and hand washing on a regular basis.

(2) Take action keeping “new normal” in mind for preventing situations in which the three following conditions overlap:

- ① Closed spaces with bad ventilation
- ② Crowded places with many people nearby
- ③ Close-contact settings such as close-range conversations

Pay attention especially to the “5 scenes” below which increase the risk because of some lack of attention or effort.

感染リスクが高まる「5つの場面」

<p>場面① 飲酒を伴う懇親会等</p> <ul style="list-style-type: none">● 飲酒の影響で気分が高揚すると同時に注意力が低下する。また、聴覚が鈍麻し、大きな声になりやすい。● 特に数店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が感染のリスクを高める。 	<p>場面② 大人数や長時間におよぶ飲食</p> <ul style="list-style-type: none">● 長時間におよぶ飲食、接待を伴う飲食、深夜のはしご酒では、短時間の食事に比べて、感染リスクが高まる。● 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。 	
<p>場面③ マスクなしでの会話</p> <ul style="list-style-type: none">● 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、昼カラオケなどでの事例が確認されている。● 車やバスで移動する際の中でも注意が必要。 	<p>場面④ 狭い空間での共同生活</p> <ul style="list-style-type: none">● 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部分での感染が疑われる事例が報告されている。 	<p>場面⑤ 居場所の切り替わり</p> <ul style="list-style-type: none">● 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、気の流れ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、更衣室での感染が疑われる事例が確認されている。 

- (3) Take action for preventing the 3Cs thoroughly including when you come on campus for face-to-face lectures or extracurricular activities.
- (4) As for year-end events, refrain from having parties such as farewell and welcome parties, thank-you parties, “Hanami” parties etc.
- (5) Students, including graduating students, should avoid eating with many people in order not to affect activities on new offices or school life. Based on this, going on trips (including graduation trips) which include the risk above should be refrained from or postponed for the time being. In addition, try to go on “decentralized trips”, in which the times and places are spread out, or going on weekdays with a small number of close friends, and avoiding areas in which a state of emergency is in place.

2. Concrete Measures

(1) Daily Precautions

- Do not go in and out of places, regardless of whether they are inside or outside the university, with a high infection risk because of crowds of people.
- When having meals with someone, using restaurants which have “Infection Prevention Drastic Declaration” stickers is recommended. Parties where many people eat and drink together are prohibited because of the large numbers of clusters that have been confirmed at other universities, and our students actually have had close contact with someone who was diagnosed with COVID-19.
- Avoid close contact with large numbers of unspecified people, especially kids or the elderly, and do not take actions which make infection follow-up difficult.
- Make every effort to prevent infectious diseases and stay healthy by practicing good hand hygiene (hand sanitizer or hand washing) and wearing a mask (coughing etiquette).
- Avoid conversations at close range or in a loud voice and maintain space between people by keeping 2 meters apart (or 1 meter at the very least). When necessary, wear a mask or a face shield to prevent spitting/spraying as you speak.
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_coronanettyuu.html
- Make use of COCOA, a COVID-19 Contact-Confirming App. When using COCOA, please make sure to follow the three points below. 1. Do not turn off your smart phone except for unavoidable reasons in order to keep the application active. 2. In case you are diagnosed with COVID-19, it is recommended to register the case as a confirmed case on COCOA with your consent to prevent the spread of COVID-19 infection. 3. In the case that you receive a close contact notification, follow the instructions on the screen and consult the Public Health Center.

- Take your temperature every day, record it in the “Health Checklist” in **Attachment 1** to check your health condition. The form for Matsuoka campus is different from that for Bunkyo and Tsuruga campuses. In addition, Matsuoka campus has created a system that enables health checks on the web. We’ll keep you updated once it’s completed. Keep the health checklist by yourself and submit it on the university’s requests.
 - Try to have enough sleep, moderate exercise, and a balanced diet.
 - Moving from/to other prefectures should be considered carefully. In case you must unavoidably move to/from such areas, be aware of the infection situation in the area and do not drop by any facilities which are unrelated to your purpose (such as facilities where group infections occur nationwide) and take adequate precautions to minimize the risk of infection. In addition, moving from/to prefectures under the state of emergency should be refrained from unless absolutely necessary (e.g. ceremonial occasions). In case you enter Fukui prefecture from other prefectures, manage your health condition carefully with the “health checklist” in **Attachment 1** for two weeks. If you have any changes in your health condition, contact the [**Contact Information ①, ④, or ⑤**] at the bottom of this notice and take necessary measures. If you commute from other prefectures, manage your health condition carefully every day and only then come on campus.
 - Overseas travel is especially prohibited regardless of travel alert levels. In case you unavoidably must return from overseas, stay home for two weeks after entering Fukui and manage your health condition with the “health checklist” in Attachment 1. If you have any changes in your health condition, contact the [**Contact Information ①, ④, or ⑤**] at the bottom of this notice and take necessary measures.
- (2) Precautions in classes and research activities
- Wearing a mask is necessary to go on campus; otherwise, you cannot enter campus.
 - Research activities and student guidance in laboratories may be carried out when the dean of each school or graduate school deems that unavoidable after taking measures to avoid the 3Cs.
 - Students with a high risk of serious illness due to respiratory problems or underlying health conditions should consult with their doctor, the student consultation office, and/or the Health Administration Center before they are enrolled in classes. If it is impossible to join classes due to these reasons, notify class instructors or supervisors about it.
- (3) Precautions in case you have any symptoms of a cold such as a fever, cough, or general malaise or you are suspected to be an infected person or have had close contact with

someone else who is:

- If you have any cold symptoms, such as a fever, cough, or general malaise, consult with your family doctor or the nearest medical institution first. If you do not have any family doctors or do not know whom to consult, contact the consulting line of Fukui prefecture “Consultation Center,” TEL(0776)-20-0795 (Opening hours: 07:00-21:00; callers will be guided to a cell phone number outside those opening hours) (If you are out of Fukui, contact the consulting counter in your residence). In addition, tell your student ID, name, physical condition, and the course of the symptoms by e-mail to the [**Contact Information ①, ④, or ⑤**] at the bottom of this notice.

In addition, in case you are requested to take a PCR test by Public Health Center or a medical clinic, your friends or family members living with you are diagnosed with COVID-19, or you have close contact with someone else who is, take the same action as above.

*On Bunkyo campus, students must send an e-mail to class teachers at the e-mail address on the syllabus when they are not able to join classes.

- (4)Precautions in case you are diagnosed with COVID-19 or have close contact with someone else who is

- In case you are diagnosed with COVID-19 or have close contact with someone else who is, follow the instructions of the Public Health Center. In addition, contact the [**Contact Information ①, ④, or ⑤**] at the bottom of this notice by e-mail or phone. In addition to daily health observation, keep track of your history of activities for 2 weeks before diagnosis or close contact (dates, times, places, activities, people with whom you had contact, etc.).

- (5) Precautions in extracurricular activities, university life, study support, etc.

- Extracurricular activities are allowed within the levels indicated in “Guidelines for the Phased Deregulation of Extracurricular Activities for Students at the University of Fukui” (**Attachment 2**), and the president decides the level based on the infection situation. Because Fukui prefecture lifted its own warning on February 28th, the level was reduced to 2.
- Students must review measures, including hand hygiene (hand sanitizer or hand washing) before and after using facilities or equipment with their supervisors to avoid the 3Cs thoroughly. In addition, prepare a list of participants for each activity in order to be able to submit it on the university’s request.
- It is not acceptable to force students to participate in extracurricular activities, and to treat them unfairly or harass them for not participating.
- If/When the infection spreads again, and permission to participate in a tournament or

concert is revoked by the university, the participation should be immediately cancelled even if the application for participation was approved in advance. The university will not bear the participation fee.

- As for allowing the use of the exercise facilities on campus, priority should be given to students over faculty and staff members at the University of Fukui, according to “Guidelines for the Phased Deregulation of Extracurricular Activities for Students at the University of Fukui”.

(6) Precautions in Campus Life and Study Support

- Regarding lunch at the co-op cafeteria, follow the instructions of the co-op to avoid the 3Cs by such as practicing good hygiene (hand sanitizer or hand washing), refraining from talking in the cafeteria and then leaving there promptly once you finish your meal. In addition, in order to avoid congestion at lunch time at the co-op cafeteria and shops, try to use the cafeteria and shops at a different time by having lunch outside or in unused lecture rooms (make sure to take the precautions outlined above and dispose of trash after use) or by having lunch in 2nd or 3rd period if you have no class during that time. Those who are in a bad health condition must refrain from entering the cafeteria and stay home.
- When you need a scholarship or any other support to pay the tuition fees or any other payment because your financial condition changes, contact the [**Contact Information ① or ④**] at the bottom of this notice.
- Regarding part-time jobs, students should confirm that proper measures for preventing infection are being taken. Part-time jobs with a high risk of the 3Cs, especially such as restaurants providing entertainment besides only offering food and drinks should be refrained from. In addition, if you could not receive compensation for absence from work while you were absent from your part-time jobs because of COVID-19, you can apply for the support fund and allowance for the leave forced to be taken under the COVID-19 outbreaks (from 1st April 2020 to 28th February 2021, Application Deadline: already over for the application up to September, by 31st March for the application for October to December, by 31st May for the application for Application for January to February Application Starting Day: The beginning of the following month of absence). (For more details, please refer to the website of Ministry of Health, Labor, and Welfare: <https://www.mhlw.go.jp/stf/kyugyoshienkin.html>). If you need a scholarship due to reduced income, please contact the [**Contact Information ①**] below.
- Application procedures for tuition waivers or scholarships are conducted by post (simple registered mail or certificate of mailing) or at the office. At the office, you need to wear a mask. If you have any questions or concerns, please contact the [**Contact Information**

① or ④] below by phone or e-mail.

- Counter services, such as issuing certificates or course consultation can be conducted by mail, e-mail, or at the office. At the office, you need to wear a mask.
- Student Dormitory, The Overseas Student House and Makishima House are places where students live in groups. Since there are many common facilities and many people live in groups all the time, which makes them subject to the 3Cs, regular health check and infection prevention measures must be taken thoroughly. In addition, in the facilities, be sure to wear masks outside your own room and try your best to prevent infection in common spaces such as bathrooms.
- Regarding job hunting, try to do your research of businesses by using the information provided on the Internet, SNS, and by companies. Refrain from visiting OBs or OGs and instead negotiate whether you can talk on the phone or over the Internet. When you are unable to prepare an environment for taking a web interview for the recruitment exam, contact the **[Contact Information ③]** below. If you travel to other prefectures for job hunting, be extremely careful about infection prevention and record your actions. In addition, in case you travel to other prefectures, take the same measures as set out above in “2 (1) Daily Precautions.”

* For more details, please refer to Attachment 2: “To all students: Job Hunting and Internships” (Edited on July 8th, 2020).

[Contact Information]

Bunkyo Campus

① Student Affairs Division Student Support

TEL: 0776-27-8716, 8403

E-mail: ggakusei@ml.u-fukui.ac.jp

(about Classes)

② Educational Division Section for General Education

TEL : 0776-27-8600

E-mail : kyoumu-soumu@ml.u-fukui.ac.jp

(about Job Hunting)

③ Career Support Division

TEL: 0776 27 9904

E-mail: g-syusyoku@ad.u-fukui.ac.jp

[Contact Information]

Matsuoka Campus

④ Academic Affairs Division for Matsuoka Campus

Section for the School of Medical Sciences

TEL: 0776-61-8266, 8265, 8850

E-mail: m-gakusei@ml.u-fukui.ac.jp

[Contact Information]

Tsuruga Campus

⑤ Administration Division for Tsuruga Campus

TEL : 0770-25-0553, 0551, 0021

E-mail : skatom-s@ml.u-fukui.ac.jp

Guidelines for the Phased Deregulation of Extracurricular Activities for Students at the University of Fukui

(Attachment)

Level	Regulation	Infection Spread Situation	Usual Activities	Participation in Competitions or Concerts	Interactive Activities	Changing Rooms and Club Activity Rooms	Lecture rooms
1	N/A	<ul style="list-style-type: none"> • No Confirmed Cases in Fukui Prefecture • No Confirmed Cases in Japan or not Spread 	<ul style="list-style-type: none"> • As Usual 	<ul style="list-style-type: none"> • As Usual 	<ul style="list-style-type: none"> • As Usual 	<ul style="list-style-type: none"> • As Usual 	<ul style="list-style-type: none"> • As Usual
2	low	<ul style="list-style-type: none"> • No Confirmed Cases in Fukui Prefecture • Spread of Infection in Japan or Neighboring Areas 	<ul style="list-style-type: none"> • Allowed with Thorough Measures to Avoid 3Cs 	<ul style="list-style-type: none"> • Allowed inside the Prefecture • Must Get Permission for outside the Prefecture • Banned in Areas with Large Spreads of Infections and Neighboring Areas (Including Sports' Trips) 	<ul style="list-style-type: none"> • Allowed with Thorough Infection Prevention Measures • Refrain from Having Meals with Many People • Training Camps are prohibited. 	<ul style="list-style-type: none"> • Avoid 3Cs and Use at Different Times • Eating or Drinking are prohibited. 	<ul style="list-style-type: none"> • Avoid 3Cs and Use Different time • Eating or Drinking are prohibited.
3	middle	<ul style="list-style-type: none"> • Sporadic Confirmed Cases in Fukui Prefecture • Warning about the Spread of the Infection of Fukui Prefecture 	<ul style="list-style-type: none"> • Allowed at Facilities on Campus (Must Get Permission) • Allowed at Facilities inside the Prefecture 	<ul style="list-style-type: none"> • Must Get Permission for both Inside and Outside the Prefecture • Banned at Areas with Large Spreads of Infections and its Neighbors (Including Sports' Trips) 	<ul style="list-style-type: none"> • Allowed with Thorough Infection Prevention Measures • Allowed with Less People and in Short time • Sports' Trips, Training Camps, Meeting over Meals are prohibited. 	<ul style="list-style-type: none"> • Avoid 3Cs and Use Different time • Eating or Drinking are Prohibited. 	<ul style="list-style-type: none"> • Avoid 3Cs and Use at Different times • Eating or Drinking are Prohibited.
4	high	<ul style="list-style-type: none"> • Spread of Infection in Fukui Prefecture • Alert about the Spread of the Infection of Fukui Prefecture 	<ul style="list-style-type: none"> • Basically Banned • Allowed at Outside Facilities on Campus (Must Get Permission) 	<ul style="list-style-type: none"> • Banned 	<ul style="list-style-type: none"> • Basically Banned • Allowed Online 	<ul style="list-style-type: none"> • Unavailable 	<ul style="list-style-type: none"> • Unavailable
5	Prohibited	<ul style="list-style-type: none"> • A Self-Restraint Request from Fukui Prefecture or the University equates to meaning the Facility should be closed. • Alert about the Spread of Infection of Fukui Prefecture • Confirmed Cases at the University of Fukui 	<ul style="list-style-type: none"> • Banned 	<ul style="list-style-type: none"> • Banned 	<ul style="list-style-type: none"> • Banned • Allowed Online 	<ul style="list-style-type: none"> • Unavailable 	<ul style="list-style-type: none"> • Unavailable

※Buildings for club activities cannot be used until the level becomes 1 on Bunkyo campus.