

\* \_\_ parts have been revised.

## Student Action Guidelines for Preventing COVID-19 Infection

(Updated on July 4th, 2022)

April 9<sup>th</sup> 2020

Decided by University of Fukui  
Headquarters for COVID-19 Crisis Control

As for the prevention of COVID-19 Infection, the stance of “Do not get infected, Do not infect others, Do not spread infection” is essential in order not to let the infection affect student learning, student life, or job hunting. All students have to keep in mind the points below in order to minimize the risk of infection.

Since the infection status is changing 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.

### 1. Basic Policy

Take actions in line with the “new normal” not to get infected, infect others, or spread infection.

#### (1) Wearing a mask

• Basically, wear a mask on campus.

• When removing a mask while eating, eat without conversation.

#### (2) Avoid the 3Cs and have ventilation

• Avoid the following scenes thoroughly

Closed spaces with bad ventilation

Crowded places with many people nearby

Close-contact settings such as close-range conversations

• Practice ventilation on regular basis for activities in a room

#### (3) Hand hygiene

• Wash and sanitize hands regularly

• Wash hands thoroughly with water and soap for about 30 seconds

• Make sure to sanitize hands with alcohol before entering a room.

## 2. Concrete Measures

### (1) Daily Precautions

- 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).
- Do not go in and out of places with a high infection risk because of crowds of people at any time.
- Do not come to university in cases when 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 to have had close contact with someone else who is.
- Parties where many people eat and drink together for a long time, karaoke etc. are prohibited because of the large numbers of clusters that have been confirmed at other universities, and our students actually have been infected and had close contact with someone who was diagnosed with COVID-19.
- Avoid close contact with large numbers of unspecified people and do not take actions which make infection follow-up difficult.
- 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, make sure to wear a mask or a face shield to prevent spitting/spraying as you speak.
- Make use of COCOA, a COVID-19 Contact-Confirming App. In the case that you receive a close contact notification, follow the instructions on the screen and consult the Public Health Center.
- Record your temperature in the “Health Checklist” in **Attachment 1** every day to check your health condition. (Students on Matsuoka campus record it on the Internet.) 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 move to/from such areas, be aware of the infection situation in the area and take adequate precautions to minimize the risk of infection. In case you enter Fukui prefecture from other prefectures, refrain from non-essential activities for 10 days, manage your health condition carefully 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. If you commute from other prefectures, manage your health condition carefully every day and only then come on campus. If there are directions from each school or graduate school, make sure to obey them.

○Overseas travel is basically prohibited. However, it is possible to go overseas with the Dean's permission. In that case, a student must carefully follow the safety procedures of the Ministry of Foreign Affairs. When you return from overseas, refrain from non-essential social activities for 10 days after entering Fukui and manage your health condition carefully.

(2) Precautions in classes and research activities

○Wear a mask in classes. It is possible to take the mask off outside or in a gym etc. by an instructor's direction from the point of view of prevention of heatstroke.

○Research activities and student guidance in laboratories may be carried out with 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: 08:30-17:15; 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 the case above, do not come on campus, and tell your student ID, name, physical condition, and the course of the symptoms by phone or e-mail to your supervisor and the **[Contact Information ①, ④, or ⑤]** at the bottom of this notice. In addition, in cases that you are requested to take a PCR test by the Public Health Center or a medical clinic, or 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 when they are not able to join classes. Teachers' e-mail addresses are on the web-syllabus.

(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.

- 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 10 days 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 alert levels indicated in “Guidelines for the Phased Deregulation of Extracurricular Activities for Students at the University of Fukui” (the form is different from campus to campus) (**Attachment 2**), and each campus decides the alert level based on the infection situation.
  - In addition to the basic infection prevention measures above, 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 (the form is different from campus to campus)”.
- (6) Precautions in Campus Life and Study Support
  - Even when moving between classrooms or taking a break outside the class, make sure to avoid the 3Cs and wear a mask when speaking.
  - In using the co-op cafeteria, ①wash hands or sanitize hands with alcohol at the entrance, ②wear a mask, ③eat without speaking, ④leave promptly once you finish your meal, and follow the instructions of the co-op cafeteria.
  - In order to avoid congestion at lunchtime at the co-op cafeteria and shops, we have entrance regulation. 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 2<sup>nd</sup> or 3<sup>rd</sup> period if you have no class during that time.
  - 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, in the case that one or more schools restrict or ban part-time jobs, students must follow such directions.

- 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. (For more information, please refer to the website of the Ministry of Health, Labor and Welfare <https://www.mhlw.go.jp/stf/kyugyoshienkin.html>).

Applications are divided by whether the company is small and medium or large. Since periods of absence and application deadlines are constantly updated, check the website of the Ministry of Health, Labor and Welfare for the latest information.

- 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 3**: “To all students: Job Hunting and Internships” (Edited on April 7th, 2021).

#### (7) Precautions in Learning Support

- When you need a scholarship or any other support to pay the tuition fees or any other payment because your financial condition changes due to the impact of the spread of COVID-19, including the decrease in income from part-time jobs, contact the [Contact Information ① or ④] at the bottom of this notice.
- Application procedures for tuition waivers or scholarships are conducted 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. (The automatic machine for issuing certificates on Bunkyo campus has been moved to the first floor of the Student Support Center.)

(8) Other Precautions

○Do not slander or discriminate against infected persons, those who have close contact with infected persons, medical personnel, their families, or related parties. In addition, getting the vaccination is not mandatory, and the vaccine is administered only to those who consent to being vaccinated. Therefore, do not slander or discriminate against those who are not vaccinated.

○If you have any questions or concerns, please contact the **[Contact Information]**.

**[Contact Information]**

Bunkyo Campus

① Student Affairs Division Student Support

TEL: 0776-27-8716, 8403

E-mail: [ggakusei@ml.u-fukui.ac.jp](mailto: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](mailto: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](mailto: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](mailto:m-gakusei@ml.u-fukui.ac.jp)

**[Contact Information]**

Tsuruga Campus

⑤ Administration Division for Tsuruga Campus

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