

## To all students, staff and faculty members of Kagawa University

### Guidelines for Novel Coronavirus Disease Control (Version 34) (Updated September 26, 2022)

Regarding the new coronavirus infectious disease, the infection caused by the new Omicron strain BA.5 spread rapidly nationwide, and it was confirmed that Japan has entered the 7th wave. An explosive epidemic of infections was seen, with the number of new cases reaching a record high. Even now, Kagawa Prefecture is still witnessing an increasing number of infected people every day, and both faculty, staff, and students must continue to be more aware and responsible than ever before in order to prevent the spread of infection.

At our university, we are planning to administer the 4th workplace vaccination within this year, so we would like to ask faculty, staff, and students to actively consider vaccination.

Regarding the response to the new coronavirus infection at our university, we will describe it below. Please try to prevent infection based on the policy.

However, the status of measures taken by the university and society to prevent the spread of COVID-19 is changing day by day.

Please check back regularly for the latest information.

Note 1: Please note that the information about students is written in red below.

Note 2: For inquiries about measures noted in this document, students should consult the Student Section (Gakumu) while faculty/staff members should do so through the General Affairs Section (Soumu).

#### 1. Infectious disease prevention

- Continue to monitor and check health condition (body temperature, cold symptoms, drowsiness, etc.) daily.
- Make sure to avoid the 3Cs (Closed spaces, Crowded places, Close contact settings) by keeping a distance from the next person, and to circulate the air flow.
- Make sure to prevent/avoid infection through airborne droplets or physical contact (wear a mask, disinfect hands and fingers).  
Note: On campus, cases of individuals not wearing masks or not disinfecting their hands have been spotted. In public, make sure to wear a mask and disinfect hands at all times.
- If possible, install the COVID-19 Contact App (COCOA) that is provided by the Ministry of Health, Labour and Welfare of Japan.  
Note: Refer to the attached 'Forms of new lifestyle'.
- In gatherings involving food and alcohol, the dining time should be restricted to within 2 hours (except when using "Kagawa Reliable Restaurant"). As much as possible, wear a mask when talking to prevent infection and please pay sufficient attention to countermeasures.

Observe the following guidelines while holding food gatherings with friends and others in or outside the house.

「Precautions for food parties inside or outside the house」

- ◆ Avoid sitting more than five persons at a table. Wear mask while conversing as a precaution.
- ◆ If alcohol is consumed, minimize the time of the gathering, avoid over-drinking, and talking in loud voices.

- Kagawa certification system of safe restaurants  
<https://anshinninsyo.pref.kagawa.lg.jp/>

## 2. Counter measures for coronavirus

### 2-1 In the event of cold symptoms (excluding side effects from COVID-19 vaccination)

- If slight fever or symptoms are present, do not come to work or attend any classes until fully recovered. Absences from work by faculty/staff members shall be handled as 'special leave with pay'.

Students who have fever or cough symptoms are not permitted to enter the university premises until they have fully recovered. Students who absent themselves from online classes due to above reasons should report to the Student Section of their faculty to have these absences officially waived.

'Fully recovered' is defined as 'showing no symptoms continuously for 24 hours or more without relying on medical prescription for fever, cough, or cold'. However, the permissibility of commuting to campus should be based on the judgement of the medical institution in charge of medical treatment.

#### <Note on special leave for faculty/staff members >

This is based on the circular issued by the President of Kagawa University on 6<sup>th</sup> March 2020, granting 'special leave with pay' to faculty/staff members who are designated to have difficulty coming to work at the university.

- If fever or other symptoms are present, consult the family physician or a medical clinic nearby. If unsure, consult the Kagawa Covid-19 Consultation Call Center (Tel: 0570-087-550), hereafter referred to as 'Consultation Call Center'.
- The Consultation Call Center shall recommend further action such as medical tests at a specific hospital or clinic. Do not seek medical care from any other places other than the one recommended.
- After the tests, make a telephone call to the faculty office to convey your situation. After receiving notice, the faculty office should report to the Health Center (for students) and Salary and Welfare Section (for faculty/staff members).
- In the event of a positive test result, do not go to the university. Contact the faculty office immediately. After receiving notice, the faculty office should report to the Health Center (for students) and Salary and Welfare Section (for faculty/staff members).
- Those who have been confirmed to be infected with the new coronavirus will be able to go to university or work from the day after they return home from the hospital or isolation accommodation facility, or the day after the end of the home treatment period. However, if deemed necessary at the discretion of each department, it is possible to set a period of self-quarantine for the day after returning home from the hospital or isolation accommodation facility, or after the day following the end of the home recuperation period. Absences from work by faculty/staff members are treated as paid leave. Faculty and staff members who have no physical symptoms such as fever or cough are permitted to work from home ① if the administrative supervisor gives the order to do so, or ② if the administrative supervisor issues a permission upon receiving a request to do so.

### 2-2 In the case of having close proximity with persons infected with coronavirus

- Anyone suspected of having had close proximity with persons inflicted with coronavirus, should not hesitate to contact the faculty office to inform them of the situation. Follow their instructions thereafter.  
(Example 1) A family member or someone close is infected with, or is undergoing tests for coronavirus.  
(Example 2) Being in a building facility, or riding in a vehicle whereby coronavirus infection was suspected to have occurred.  
(Example 3) Attending a meeting or gathering whereby a participant tested positive for coronavirus thereafter.

(Example 4) Receiving a notice or request from a hospital or clinic recommending a test for coronavirus.

- If a public health center suspects that you have had close contact with an infected person, you will be asked to standby (that is, refrain from going out, and will be prohibited from attending school or working (paid leave)) for five days, counting from the day after the last contact with the infected person. However, if negative antigen tests are confirmed on the second and third days, the standby requirement will be lifted on the third day counting from the day following contact. Even after the standby is lifted, check your health condition (body temperature measurement, etc.) for the next 7 days. In addition, avoid close contact with elderly people and those with underlying diseases, as well as those who are at high risk of becoming seriously ill if infected. Furthermore, avoid patronizing places with high risk of infection, and avoid eating out.

In addition, if a medical center confirms that a family member has had close contact with an infected person, he/she is requested to consult the health center concerned for advice on the next step to take.

Students, faculty and staff members who are asked by the health center to undergo self-quarantine may not commute to campus. Absences from work by faculty/staff members are treated as paid leave.

Even in the case that the health center does not request for self-quarantine, do not commute to campus during the period whereby a family member is waiting for the (expected negative) PCR test result. Absences from work by faculty/staff members are treated as paid leave.

However, faculty and staff members who have no physical symptoms such as fever or cough are permitted to work from home ① if the administrative supervisor gives the order to do so, or ② if the administrative supervisor issues a permission upon receiving a request to do so.

- For individuals who had close proximity with infected persons and are receiving medical care, should refrain from going outside, and should abide by the hospital guidelines issued under the supervision of the Ministry of Health, Labour and Welfare.

\* Note: Please see the flowchart for procedures on absences by students and faculty/staff members suspected of virus infection.

### 3. Travelling abroad

- If faculty, staff, or students travel abroad (including temporary return to own country and personal travel), they must notify the university in advance.
- Refrain from non-essential and non-urgent travel to countries and regions with risk information level 1 or infectious disease risk information level 1 as stipulated by the Ministry of Foreign Affairs. For unavoidable travel, please confirm that it will not interfere with your work (university classes, etc. for students), consult with the head of your department in advance, and submit the prescribed documents. Please submit a written pledge regarding travel under the influence of illness”).
- In principle, travel to countries/regions with risk information level 2 or higher or infectious disease risk information level 2 or higher according to the Ministry of Foreign Affairs are prohibited. However, travel to countries/regions with infectious disease risk information level 2 or 3 may be permitted for educational and research activities that meet certain conditions. Please report to the head of your faculty.
- For details on the above, please check the "Overseas travel policy under the influence of the new coronavirus infection".
- After returning to Japan, pay close attention to changes in your physical condition and follow the instructions in “4. Health consultation after returning from abroad” below.

#### 4. Health consultation after returning from abroad

- Upon returning from abroad, follow the guidelines stipulated by the Ministry of Health, Labour and Welfare.  
Due to conditions changing daily, make sure to check the latest updates announced by the Ministry of Foreign Affairs and Ministry of Health, Labour and Welfare.
  - Protection measures at ports and airports (Home page of Ministry of Health, Labour and Welfare)  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00209.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00209.html)
  - Ministry of Foreign Affairs overseas safety (Home page of Ministry of Foreign Affairs)  
<https://www.anzen.mofa.go.jp/>
- **Contact the faculty office in person to inform them of the situation.** After receiving notice, the faculty office should report to the Health Center (for students).
- If fever or cold symptoms occur, follow Point 2 above.

#### 5. Travelling to or from other prefectures

<Note: These items marked in red apply to students as well as to staff and faculty members.>

- If traveling to other prefectures, be aware of your own health and exercise preventive measures to avoid the spread of virus.
- After returning to Kagawa, monitor health, body temperature, and record all movements for the next five days.  
If there are any worries about health, follow the guidelines stated in 2-1 In the event of cold symptoms (excluding side effects from COVID-19 vaccination) located under 2. Counter measures for coronavirus.
- Five days after returning to Kagawa, and if there are no symptoms such as cold, a PCR test may be taken at the Faculty of Medicine. Follow the attached instructions on how to take the PCR test.
- For essential travel to other prefectures by family members, take special precautions against the spread of virus.
- Visitors and visiting lecturers coming to campus should undergo preventive measures such as body temperature checks and the avoidance of the 3Cs.

#### 6. Telework

- Considering the resurgence of COVID-19, whenever possible, prepare for more occurrences of telework, including staggered working hours. While engaging in telework, make sure to abide by the rules on information security.

See the following link for reference on telework.

<https://www.kagawa-u.ac.jp/files/8816/1888/5065/zaitaku.pdf>

#### 7. Policies on the acceptance of international students

- See the following link for details  
[https://www.kagawa-u.ac.jp/files/4916/5931/4613/To\\_all\\_international\\_students\\_planning\\_to\\_start\\_enrollment\\_at\\_Kagawa\\_University.pdf](https://www.kagawa-u.ac.jp/files/4916/5931/4613/To_all_international_students_planning_to_start_enrollment_at_Kagawa_University.pdf)

## 8. Student activities

- For student club activities, members should refer to the guidelines/rules stipulated in a circular issued separately.  
Check the following link regularly for updated information.  
[https://www.kagawa-u.ac.jp/campus-life/student\\_life/extracurricular-info/circle-list/](https://www.kagawa-u.ac.jp/campus-life/student_life/extracurricular-info/circle-list/)
- Student clubs under the jurisdiction of faculties should follow the guidelines established by the respective faculties.
- To prevent further spread of infection, including student club events, make sure to always wear a mask inside and outside the campus. In addition, make sure to exercise fundamental preventive measures such as disinfecting hands and gargling.
- For parties including those that involve alcohol, patronize restaurants and shops that are certified (for example, by 'Kagawa Safe Restaurants Certification System'). In addition, use restaurants that promote social distance among guests, while exercising precautions to prevent infection. For parties with friends held in or outside the house involving food, make sure to observe the following preventive measures.

### 「Precautions for food parties inside or outside the house」

- ◆ In gatherings involving food and alcohol, the dining time should be restricted to within 2 hours (except when using "Kagawa Reliable Restaurant"). As much as possible, wear a mask when talking to prevent infection and please pay sufficient attention to countermeasures.
- ◆ If alcohol is consumed, minimize the time of the gathering, avoid over-drinking, and talking in loud voices.

- Kagawa certification system of safe restaurants  
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- In the case that the above rules are violated, there may be an order for a complete shutdown of all activities of not just the student club concerned, but of all student clubs in the university.

## 9. Regarding all other events

- Events organized by the university may be held if conducted based on the "Guidelines on organizing events" re-issued by Kagawa Prefecture on July 22, 2022. Decisions should be made based on the content in that document. (See Kagawa Prefecture homepage link below).  
Events that include food and drinks in campus with many participants are permitted under the condition that preventive guidelines stated in 「1. Infectious disease prevention」 are followed.

"Guidelines on organizing events" issued by Kagawa Prefecture.

[https://www.pref.kagawa.lg.jp/kenkosomu/kikikanri/covid19\\_event3.html](https://www.pref.kagawa.lg.jp/kenkosomu/kikikanri/covid19_event3.html)

However, this clause shall be updated accordingly if new guidelines or restrictions (other than the above) are issued by Kagawa Prefecture.

For the latest information, see Kagawa Prefecture link below.

<https://www.pref.kagawa.lg.jp/kenkosomu/kikikanri/covid-19.html>

Students and faculty/staff members may take part in events organized outside of the university, if measures to prevent infection are carefully observed.

The coronavirus situation is very volatile. Government policies change rapidly each day. Kagawa University shall continue to monitor these movements and develop guidelines according to policies announced by the government. Please check the university homepage regularly for updates. (<https://www.kagawa-u.ac.jp/24945/>). Scroll down the page for English guide.

**Note: All students should read and understand the notations marked in red.**

Head, Crisis Response Headquarters  
KAKEHI Yoshiyuki

# The New Lifestyle

## Practical Examples

### ( 1 ) Basic Infection Prevention

#### The Three Basic Rules : ① Maintain Physical Distance ② Wear A Mask ③ Wash Your Hands

- Stay at least 2 meters away (or at minimum, 1 meter away) from other people
- When conversing, avoid being directly in front of each other whenever possible
- Whether talking indoors or outdoors, if you cannot maintain proper distance, wear a mask even if you do not feel any symptoms. However, please be careful of heat exhaustion in the summer.
- When you return home, please wash your hands and face first. If you went somewhere with many people, change clothes and take a shower as soon as you can
- Properly wash your hands with soap and water for approximately 30 seconds (Hand sanitizer is also possible)



※ When meeting with high risk populations, such as the elderly or those with chronic illnesses, pay more attention to your health

#### Preventing Infection While Travelling

- Refrain from travelling to and from areas with high infection rates.
- Keep track of the people you meet and where you meet in the case you have symptoms. Also utilize a contact-tracing app.
- Stay up-to-date with the infection status of the various areas



### ( 2 ) Daily Life in the New Lifestyle

- Frequently wash and sanitize hands □ Observe proper coughing etiquette
- Frequently ventilate (Keep indoor temperatures below 28 °C with air conditioning)
- Maintain physical distancing □ Avoid the Three C's (Crowded areas, Closed spaces, Close-contact settings)
- Be mindful and implement the proper lifestyle choices for individual health conditions, such as for exercise, food, non-smoking areas, etc.
- Check temperature and health condition every morning  
If you have feverish or cold-like symptoms, don't push yourself and rest at home



### ( 3 ) New Lifestyle for Various Situations

#### Shopping

- Shop online
- Shop by oneself or in small groups during off-peak hours
- Pay electronically
- Plan ahead and shop quickly
- Avoid touching samples or displays
- When lining up for check out, keep a distance between those in front and behind you



#### Public Transportation

- Limit conversing
- Avoid peak hours
- Use other transportation methods like walking or bicycling



#### Leisure and Sports

- Choose parks and places during off-peak hours
- Keep a distance when weight training or doing yoga  
Also consider home workout videos
- Jog in small groups
- Keep a distance when passing by others
- Utilize reservation periods for comfort
- Do not stay for long periods of time in small spaces
- Sing or cheer while maintaining distance or via online



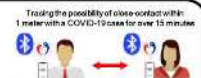
#### Meals

- Utilize take-out or delivery services
- Enjoy meals outdoors
- Avoid sharing plates and serve individually
- Sit side-by-side and not face-to-face
- Concentrate on eating and refrain from chatting
- Avoid serving alcohol and sharing glasses or sake cups



#### Participating in Events

- Utilize contact-tracing apps
- If you have feverish or cold-like symptoms, do not participate

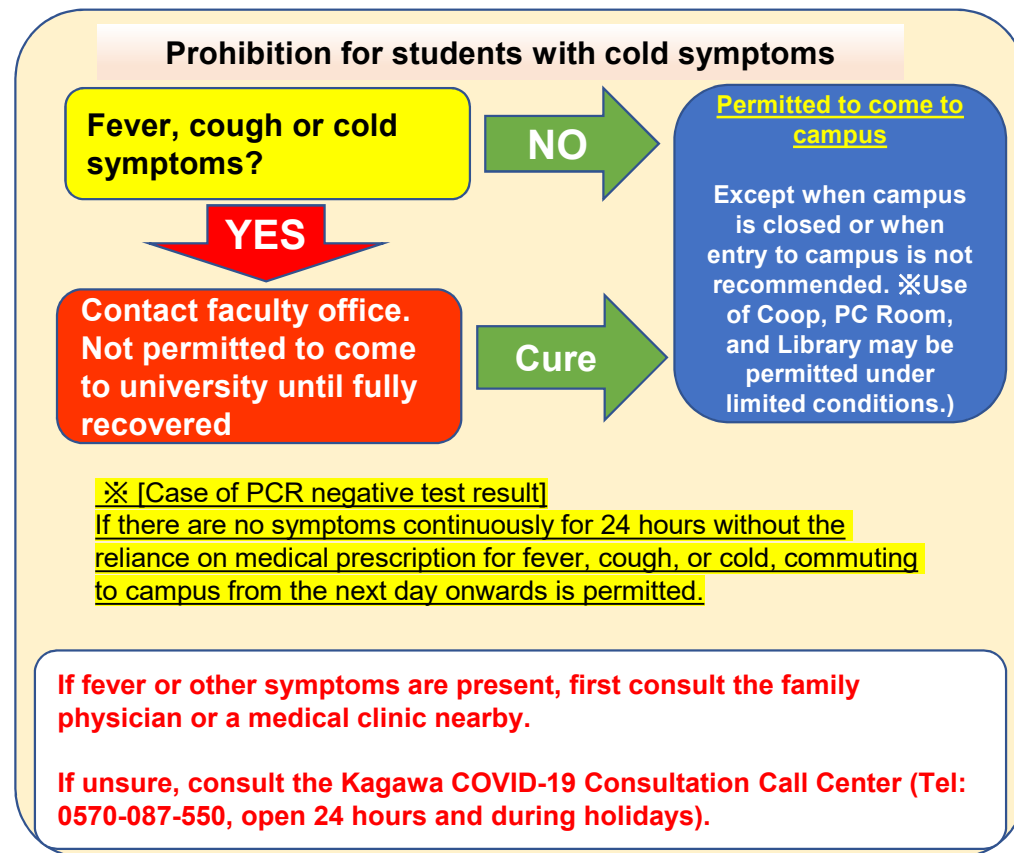
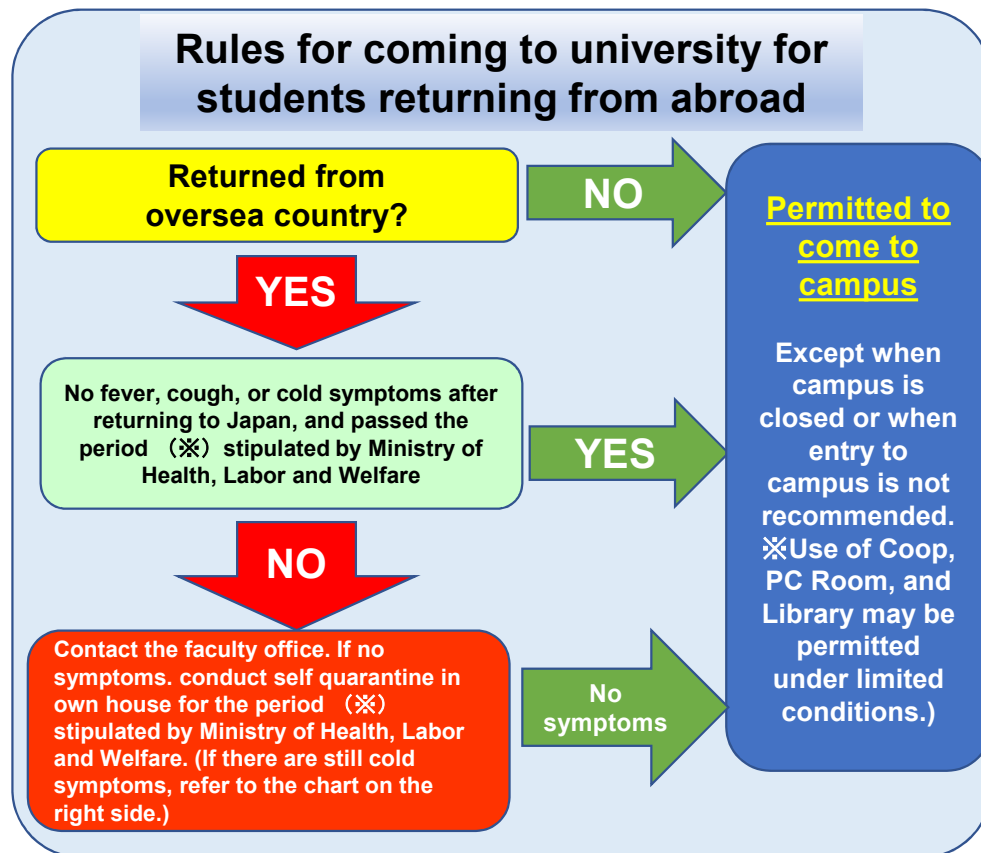


### ( 4 ) New Working Style

- Remote work or rotating shift work □ Provide a spacious office area □ Conduct meetings online
- Stay comfortable with staggered work hours □ Wear masks and ventilate spaces for in-person meetings



## Measures to prevent New Coronavirus infection (Effective from 26 September 2022)



(※) Reference: Guidelines after re-entry into Japan  
 New Measures for entry into Japan (Ministry of Health, Labor and Welfare homepage)  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00209.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00209.html)



## Flowchart on New Coronavirus infection

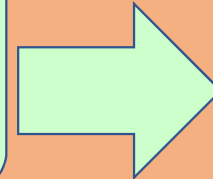
**Restrictions on work if cold symptoms are present**

※If returning from abroad, refer to the 'Measures for staff/faculty members returning from abroad'

Fever, cough or cold symptoms?

**YES**

Consult the family physician or a medical clinic nearby and follow the instructions.



Contact the General Affairs office of your department about the symptoms and the instructions from your family physician.

◆After receiving notice from infected staff/faculty member, the General Affairs office confirms the situation and contacts the Salary and Welfare Section

**NO**

Permitted to come to university to work

Not permitted to come for work at university.  
Special leave until completely cured

※ [Case of PCR negative test result]  
If there are no symptoms continuously for 24 hours without the reliance on medical prescription for fever, cough, or cold, commuting to campus from the next day onwards is permitted.

## Contact and response guidelines for Covid-19 positive outcome (For students, faculty/staff members)

