

To All Students of Nagoya University (Daily Life)

The novel coronavirus infectious disease (COVID-19) has been spreading.

To protect your university life, as well as that of those around you, please understand and adhere to the following:

- 【Precautions when coming to the university for classes, etc.】
- Be thorough with **washing your hands, cough etiquette, disinfection, and wearing a mask.**
 - When eating, **please sit side by side, not face to face, and keep conversation to a minimum.**
 - If you are coming to the university for classes, etc., please minimize your time there.
 - ◎ **Keep a record of all your daily activities.**
Please **keep a record of your daily activities** as it is necessary to identify those who are “close contacts” if any University members become infected with the novel coronavirus (for example: went to the University by bicycle → attended class → lunch at the co-op → went home by bicycle).
 - ◎ **Record the exact place where you sit in your classes. *1**
Please make sure to keep a record of **where you were seated for all of the classes you attended** (for example: second row, third seat from the right) as it is necessary to identify those who are “close contacts” if any University members become infected with the novel coronavirus.
Please try to record where you are seated during the school day, such as at lunch and when using “Access Points”.

- *1 If someone becomes infected, the local health center will begin contact tracing. A specific range of persons who were in classes or other locations with the infected person will be reported to the health center as a "Person Suspected of Close Contact" and the identification of a "Person of Close Contact" will be carried out by the health center. In order to simplify and speed up this process, please make sure to record the exact place you sat (e.g. second row, third seat from the right) in each class you attend. For example, “everyone who sat in seats 1-5 from the right in rows 1-4” will be designated as a “Person Suspected of Close Contact”. If seat/desk numbers are given, that numbers will be used for designation.

【In case of poor health】

- **If you have cold-like symptoms such as a fever, please do not come to the university. Instead, rest at home.**
- **If you are experiencing any of the following symptoms, please consult with the Nagoya University Health Administration Office or Consultation Center for China Returnees and Contact Persons.**
 - **Have difficulty breathing, are feeling fatigued/lethargic, or have a high fever**
 - **Have cold symptoms, such as fever, cough, or sore throat, continuing for 4 or more days (if you have any underlying conditions or if symptoms become unbearable, please act immediately; do not wait 4 days)**
 - **Have any unusual changes in your sense of smell or taste**

<Consultation>

■ **Health Administration Office** **TEL: 052-789-3970 (Ext. 3970)**
Email: hokekan@htc.nagoya-u.ac.jp (We can respond to emails during nighttime and weekends)

■ **Consultation Center for China Returnees and Contact Persons**
Naka Health Center TEL: 052-241-3612 (outside business hours)

※ **If you have consulted with the Consultation Center for China Returnees and Contact Persons outside business hours (nighttime, holidays, etc.), please be sure to inform the Health Administration Office.**

- **Be aware of your physical condition and look after your own health**
Be sure to eat and sleep well, and maintain your health. In addition, monitoring and recording your temperature and respiratory condition is effective as well.
- **Refrain from non-essential and non-urgent outings, particularly club activities, excursions, welcome/farewell parties, and other events where a large number of people will gather.**
Environments where you are in a closed space and talk at a close distance with many people have the risk of spreading infections even without coughing, sneezing, etc.
- **Make appropriate decisions based on correct information**
Please put in the effort, as a student of Nagoya University, to make sure that your information is correct and you have a thorough understanding of the facts. Avoid engaging in thoughtless behavior based on rumors and assumptions.

For more information, go to the Health Administration Office website: <http://www.htc.nagoya-u.ac.jp/hokenkanri/>

Nagoya University