

To All Students of Nagoya University (Daily Life Outside of Class Periods)

To protect yourself, as well as those around you, please understand and adhere to the following measures to prevent the spread of infection.

We also ask you to keep in mind to behave responsibly as a student of Nagoya University as well as a member of society outside of class periods.

【In daily life】

- Please be sure to avoid the 3 C's, wear a mask, wash your hands, cover your cough, sterilize, and ventilate.
- Please do not dine or attend parties at restaurants or bars while COVID-19 is spreading
Please also refrain from inviting friends to eat or drink at your own room or home, as small spaces can easily lead to the 3Cs.
- If you are in a closed spaces and converse at a close distance with many people, there is a risk of spreading infection even if there is no coughing, sneezing, etc. Please refrain from non-essential and non-urgent outings, especially events where a large number of people will gather.
- If you are coming to the university for research, etc., please minimize the time you spend here.
- Please keep record of all your daily activities. We may ask you to create a detailed activity log.
- Please be sure to eat properly and sleep well to maintain your health.
Monitoring and recording your temperature and respiratory condition are effective as well.
- [Please download and use the COVID-19 Contact-Confirming Application "COCOA".](#)

【If you are to take a PCR test / If you are feeling unwell】

- Please inform the Nagoya University Health Administration Office of the circumstances behind receiving the test, the date of your test, and the medical institute.
- Please inform the Nagoya University Health Administration Office if you or a family member living with you has been identified as a person of close contact.
- 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.
Please contact the Office even outside of class periods
 - Difficulty breathing, feeling fatigued/lethargic, or high fever
 - Cold symptoms, such as fever, cough, or sore throat, that have continued for 4 or more days
(if you have any underlying conditions or if symptoms become unbearable, please act immediately; do not wait 4 days)
 - Any unusual changes in your sense of smell or taste

< Consultation >

Health Administration Office

[TEL: 052-789-3970 \(Ext. 3970\) \(Available weekdays: 830-17:15\)](tel:052-789-3970)

[Email: hokekan@htc.nagoya-u.ac.jp \(We can respond to emails during nights and weekends\)](mailto:hokekan@htc.nagoya-u.ac.jp)

【Nights/Public holidays/Holidays】

Coronavirus Consultation Center for Returnees and Contact Persons

Naka Health Center TEL: 052-241-3612

→ After consulting with the Coronavirus Consultation Center for Returnees and Contact Persons, please be sure to inform the Health Administration Office.

【Reference】

- Nagoya University Health Administration Office website: <http://www.htc.nagoya-u.ac.jp/hokenkanri/>
- Flow chart in the case where a University member has been infected with COVID-19 or identified as a close contact: http://www.nagoya-u.ac.jp/info/upload_images/20201007_flow.pdf
- QR code for COVID-19 Contact-Confirming Application “COCOA” (recommended by the Ministry of Health, Labour and Welfare)

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