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## To All Students of Nagoya University (Daily Life)

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

With the spread of new Covid-19 variants it is important for each of us to take even greater caution than before.

There is a growing number of COVID-19 variant cases and it is more important than ever for each of us to be mindful of our own actions. **We ask you to be firm and behave responsibly as a student of Nagoya University and as a member of society.**

[When coming to campus for classes, etc.]

- Please be sure to avoid the 3 C's, **wear a mask, wash your hands, cover your cough, sterilize with alcohol, and improve ventilation.**
- When dining at the cafeteria, wear a mask at all times when you are not eating/drinking, including when you enter and leave the building. Be considerate, sitting side-by-side etc., refrain from having conversations before and after your meal, and leave soon after you finish.
- If you are coming to the university to attend classes, etc., **please minimize the time you spend here.**
- Please keep record of all classes you attend, access points you use, and where you have lunch.**  
(For example: First Period class: ILAS Building, Lecture room No.xx, 2nd row, 3rd seat from the right)
- Please keep record of all your daily activities. (For example: Walk to School → Class → Lunch at Co-op → Walk Home)

We may ask you to create a detailed activity log.

【In daily life】

- 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 space 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.
- Please be sure to eat properly and sleep well to maintain your health.  
Monitoring and recording your temperature and respiratory condition is 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 institution.
- Please inform the Nagoya University Health Administration Office if you or a family member living with you has been identified as a close contact person.
- 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)**

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

**【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](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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