

## 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 Cs, wear a mask (non-woven masks are strongly recommended), wash your hands, disinfect your hands with an alcohol-based hand sanitizer, and have proper ventilation.
- 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. Avoid gathering with large numbers of people and for extended periods of time. Please don't shout or talk loudly, as it can cause droplet infection.
- When eating with people other than family members you live with, please restrict your group to a maximum of four people you spend the most time with. Only remove your mask when eating or drinking, and when having conversations, please make sure you are masked.
- If you participate in an event where a large number of people will gather, please make sure to take basic measures to prevent the spread of infection, such as maintaining physical distance from others, wearing a mask, disinfecting your hands, and refraining from talking loudly and shouting.
- 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](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)

Google Play



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Nagoya University