

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 measures. The possibility of infections transmitted from student to student has increased. **We ask you to strongly keep in mind and observe infection prevention measures.**

【Precautions when coming to the university for classes, etc.】

- **Be sure to wash your hands, cover your cough, sterilize, avoid the 3 C's (closed spaces, crowded spaces, and close-contact settings), ventilate, and wear a mask.** Be especially careful after touching/handling shared items.
- 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 the time you spend here**.
- ◎ **Keep record of all your daily activities.**
Please keep record of all your daily activities. (e.g. Went to the university by bicycle -> classes -> lunch at co-op -> went home by bicycle)
We may ask you to create a detailed activity log by request of the Health Administration Office.
- ◎ **Record the exact place where you sit in your classes, etc.**
Because it is necessary to identify those who are “close contacts” in the event that any University member becomes infected with the novel coronavirus, please make sure to keep a record of where you were seated in the classroom for all of the classes you attended (for example: second row, third seat from the right.)
Please record where you are seated during the school day as well, such as at lunch, and when using “Access Points”.
- ◎ **Download and use the COVID-19 Contact-Confirming Application “COCOA”.**
There is a QR code on the back to download “COCOA,” recommended by the Ministry of Health, Labor and Welfare.

【If you are to take a PCR test】

- **Inform the Nagoya University Health Administration Office of the circumstances behind receiving the test and the date of your test.**

【If you are feeling unwell】

- **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.**
 - 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 (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.

【Other】

- We may ask you to [stay at home](#) by request of the Health Administration Office, [even if you are not infected or considered a person of close contact](#).
- Be sure to eat and sleep well, and maintain your health. [Monitoring and recording your temperature and respiratory condition](#) are effective as well.
- 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. [Refrain](#) from non-essential and non-urgent outings, [especially events where a large number of people will gather](#).
- As a student of Nagoya University, avoid engaging in thoughtless behavior based on rumors and assumptions. Ensure that you collect reliable information and have a correct understanding of the facts.

【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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