

April 28, 2023

To All Members of Nagoya University

Novel Coronavirus Infectious Disease Risk Management Task Force
Naoshi SUGIYAMA, Director

Nagoya University's Response to the Downgrade of COVID-19 to Class 5 Common Infectious Disease

From May 8, 2023, COVID-19's classification under the Infectious Diseases Act will shift to Class 5, the classification for common infectious diseases. Based on the associated national policies and Aichi Prefecture's response to this reclassification, starting May 8, the University will handle matters as described below. Thank you for your understanding.

1. Persons who test positive

If you feel unwell (fever, sore throat, fatigue), please consult a medical institution. If you test positive, you should quarantine for the period specified by your doctor. If you test positive using an antigen test kit or other at-home test, quarantine for the period specified by the Health Administration Office.

In addition, to prevent cluster infections on campus, if you have tested positive for COVID-19, please download and fill out the Activity Questionnaire and promptly email it to the Health Administration Office. The Health Administration Office may ask you some questions.

*The Activity Questionnaire form can be downloaded here: <https://nuss.nagoya-u.ac.jp/s/k3ko7YsiELAqtKz>

*Health Administration Office email address: hokekan@htc.nagoya-u.ac.jp

(1) Recommended quarantine period

Because the risk of infecting others is particularly high during the five days after the onset of symptoms (※2), it is recommended that you refrain from going out for five days after the onset of symptoms, with the day you first developed symptoms being counted as Day 0 (※1). In addition, if symptoms continue to the fifth day, it is also recommended that you stay home and continue monitoring your condition until about 24 hours after your fever has gone down and symptoms such as phlegm and sore throat have abated. Please talk to a doctor if your symptoms are severe.

(※1) If you are asymptomatic, the day the testing sample was collected shall be considered Day 0.

(※2) If you have no choice but to go out during this period, please make sure you have no symptoms, and take proper precautions, including wearing a mask.

(2) Consideration for others

Viral shedding is possible for up to 10 days. Please be considerate and take care to avoid spreading COVID-19 to those around you, such as by wearing a non-woven mask, avoiding contact with elderly people or other high-risk individuals and eating in groups, etc. If you are still experiencing symptoms, such as coughing or sneezing, even after 10 days since the onset of symptoms, please take care to practice cough etiquette, including wearing a mask.

(3) During the period of recuperation

- Students: Please contact your academic advisor (if you have one). If you are (or were) unable to attend class, please inform the class instructor directly about the period of time specified by your medical institution.
- Faculty and staff: Since the work restriction measures will be abolished, please contact your superior if you need to quarantine or recuperate at home, and take sick leave or annual paid leave, or work from home.

※ For more information, please refer to the Attachment 1 "Our Response to the Downgrade of COVID-19 to Class 5 Common Infectious Disease (as of May 8, 2023)".

2. Basic infection prevention measures

We recommend you to continue basic infection prevention measures such as avoiding the 3Cs, hand-washing and other hand hygiene, and room ventilation (Please refer to the Attachment 2 "Poster on Infection Prevention").

As before, regardless of indoors or outdoors, an individual's decision whether to wear a mask or not should be respected, so please be careful not to force people to wear or remove masks against their will.

※In addition, the following items shall be abolished in accordance with this notification.

- Guidelines for Activities at Nagoya University During the COVID-19 Pandemic
- All notifications issued by the Director of Novel Coronavirus Infectious Disease Risk Management Task Force
- Acceptance Procedures for International Students Scheduled to Enroll in the Spring Semester of 2023 (notification issued by the Student Exchange Division, Education & International Affairs Department, dated February 13, 2023)
- Implementation of Study Abroad Programs Based on Inter-University Academic Exchange Agreements, etc. during the Novel Coronavirus Pandemic (notification issued by Vice Chancellor, dated March 13, 2023)
- Nagoya University's Policies Related to the New Measures for Border Enforcement (established at the Novel Coronavirus Infectious Disease Risk Management Task Force Meeting on March 14, 2022 (last revised on October 20, 2022))
- Notification Regarding the Procedures Related to the Work Prohibition Measure Against

the Novel Coronavirus Disease (notification issued by the Director of the General Affairs Department, dated February 21, 2020)

- Notification Regarding the Handling of Work for Persons of Close Contact and Persons Suspected of Close Contact for the Novel Coronavirus Disease (Notification issued by the Executive Director of Administration, dated March 12, 2020)

- Notification Regarding the Procedures Related to the Special Provisions for Staggered Work Hours as a Novel Coronavirus Disease Prevention Measure (Notification issued by the Director of the General Affairs Department, dated February 26, 2020)

- Regarding temporary measures for the exemption of working duties of staff in the event they are to receive the vaccine for the Novel Coronavirus Infectious Disease (Notice) (Notification issued by THERS Chancellor, dated June 16, 2021)

- Further Encouragement of Telework and Staggered Work Hours for Administrative Staff Members (notification issued by the Executive Director of Administration, dated August 3, 2020)

- Handling of Telework and Staggered Work Hours for Administrative Staff Members (notification issued by the Executive Director of Administration, dated January 19, 2022)

Our Response to the Downgrade of COVID-19 to Class 5 Common Infectious Disease (as of May 8, 2023)

Attachment 1

Even after COVID-19 is downgraded to Class 5 (common infectious disease), the Health Administration Office will, for the time being, continue to provide support within the University for people who contract COVID-19 as follows.

If you feel unwell (fever, sore throat, fatigue), please go to a medical institution as soon as possible.

Please check the website created by the Health Administration Office: (<https://www.htc.nagoya-u.ac.jp/hokenkanri/kenkotebiki/telework/>)

Infected Persons

If you test **positive** for COVID-19

1. Quarantine period

Please follow the instructions of the medical institution you went to, or, if you tested positive using an antigen test or other at-home test, follow the instructions of the Health Administration Office.

2. To prevent cluster infections on campus, if you have tested positive for COVID-19, we ask for your cooperation to download and fill out the Activity Questionnaire and promptly email it to the Health Administration Office. The Health Administration Office may ask you some questions.

*The Activity Questionnaire form can be downloaded here: <https://nuss.nagoya-u.ac.jp/s/k3ko7YsiELAqtKz>

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3. If you engaged in any high-risk activities with anyone within the two days before the onset of symptoms, please contact them to let them know that for about seven days (since they had contact with you), they should avoid close-contact activities such as eating or riding in a car with other people, wear a mask whenever possible indoors or in crowded places, and be careful to avoid infecting other people, and they should test themselves or go to a medical institution right away if their physical condition changes.

[Examples of high-risk activities]

Doing any of the following activities with an infected person within two days before the onset of their symptoms:

- eating together (including eating lunch boxes or snacks together)
- being together in close quarters (within arm's length) for more than 15 minutes
- spending a considerable amount of time together (about 1 hour) in a small and poorly ventilated room
- spending more than 30 minutes together in a car without ventilation
- living together (including in a dorm or other shared housing with a common area)

4. **Students:** Contact your academic advisor (if you have one).

If you are (or were) unable to attend class, please inform the class instructor directly about the period of time specified by your medical institution.

※ Please contact your instructor via TACT, email, etc. as early as possible.

Faculty/Staff: Contact your superior. You may take sick leave or annual paid leave, or you may work from home.

Persons Who May Be Infected

• Persons living with a family member who has tested positive

• Persons who have eaten with someone who has tested positive (other than cohabiting family)

(If you have no symptoms, there is no need to contact the Health Administration Office.)

1. In order to avoid spreading COVID-19 to those around you, for seven or so days after coming into contact with someone who has tested positive, please take care to avoid close-contact activities such as eating or riding in a car with other people, wear a mask whenever possible indoors or in crowded places, and be careful to avoid infecting other people.

2. If you develop symptoms, please test yourself or go to a medical institution right away, and if you test positive, please download and fill out the Activity Questionnaire and promptly email it to the Health Administration Office.
※ If you test positive, please refer to the "Infected Persons" column to the left.

May 8, 2023~

These are effective in preventing infection!!

Please continue to be careful and maintain infection prevention practices.

