

## Novel Coronavirus Disease (COVID-19) Countermeasures from October 26 Onward

To all students

From the President

NUT has regularly updated its action guidelines to highlight measures that all students should follow to prevent the spread of COVID-19.

As the newest action guidelines for October 26 onward have been set, we ask that all students follow these guidelines. In addition, we ask students to be committed to preventing the spread of infections and to act independently with careful consideration to the risk of infections, as described below.

### 1. Avoid high-risk activities and aim to prevent the spread of infections.

- Face-to-face classes will be conducted with social distancing. Lectures will be conducted using a hybrid style that combines face-to-face classes and online classes. Seminars, laboratory subjects, and practical training will generally be conducted face-to-face. Masks and temperature checks (measured at home before coming to campus) are required for face-to-face classes. Students should voluntarily refrain from attending classes if (1) they have a fever of 37.5°C or higher, (2) less than 2 weeks have passed since they participated in high-risk activities\*, or (3) less than 3 days have passed since they recovered from any illness.

\*Reference: Website of the Office for Novel Coronavirus Disease Control, Cabinet Secretariat

<https://corona.go.jp/prevention/pdf/en.5situations.pdf>

- Avoid the “Three Cs” with increased infection risks within and outside campus (The “Three Cs” refer to Closed spaces, Crowded places, and Close-contact settings).
- **People who have received the COVID-19 vaccine can still become infected or spread the infection to others. Therefore, please follow the same infection prevention measures as before.** During the group vaccinations conducted in Nagaoka in July, priority was given to NUT students to use the vaccines designated for Nagaoka residents. Therefore, students must be careful to avoid any actions that could be criticized by Nagaoka residents.
- Always wear a mask within campus and when going outside to prevent spreading infections to others. Do not remove the mask even if you have been vaccinated. **As the “Three Cs” can easily occur within laboratories and increase the risk of infection, always wear a mask even when inside your laboratories.** During meals, do not speak to others while eating.
- For the “Health Check and Activity Record Sheet”, check your temperature/health condition and record your activities (visited locations and contacts) every day (If you become infected or are a close contact of an infected person, you will be asked to submit these records).
- With regard to the use of the student cafeterias and all-purpose store in the Commissary Bldg, students should minimize their time spent in these facilities and do not speak while eating in order to prevent infections.
- If you develop a fever or other cold symptoms, do not come to the university or go out. Immediately see a doctor at a hospital/clinic, and focus on recovery based on the doctor’s instructions. Stay at home for an additional 3 days after recovery. If you have any of the following symptoms, contact the Niigata Prefecture COVID-19 Consultation and Counseling Center (TEL: 0258-33-4932), and seek medical care at a hospital/clinic. In addition, report your symptoms and situation to the contacts below.

- Severe symptoms such as breathing difficulties, extreme lack of energy (fatigue), or high fever
- Relatively mild cold symptoms (such as fever or cough) in people who are at risk of developing serious conditions\*  
*\*These include people with preexisting conditions such as diabetes, heart failure, and respiratory diseases (e.g., COPD); people undergoing dialysis treatments; and people who are taking immunosuppressants or anticancer drugs.*
- Relatively mild cold symptoms (such as fever or cough) that continue for a long period in people other than those described above

<Niigata Prefecture COVID-19 Consultation and Counseling Center (Nearest Public Health Center)>

Niigata Prefecture COVID-19 Consultation and Counseling Center (Niigata) TEL: 025-256-8275 (24-hour operation daily)

*\*For those living outside Niigata Prefecture, please contact the Public Health Center in your area.*

<Make sure that you also inform your academic supervisor and the following administrative offices in NUT>

Japanese students: Section of Student Affairs, Division of Student Affairs

TEL: 0258-47-9253 / Email: [gakuseigroup@jcom.nagaokaut.ac.jp](mailto:gakuseigroup@jcom.nagaokaut.ac.jp)

International students: Section of International Student Affairs, Division of International Affairs

TEL: 0258-47-9285/9286 / Email: [ryugaku@jcom.nagaokaut.ac.jp](mailto:ryugaku@jcom.nagaokaut.ac.jp)

2. Masks and temperature checks are required for laboratory activities, and rooms must be well-ventilated while using air-conditioning to adjust the temperature to provide an optimal environment for conducting research. When using equipment for experiments, users must wash their hands and/or use hand sanitizers at the start/during breaks/end of the experiments to prevent contact infections. In principle, students are not allowed to come to campus for 2 weeks after participating in high-risk activities. If students have been sick, they are not allowed to come to campus until 3 days after recovering.
3. With regard to going out, students should avoid the “Three Cs” and refrain from high-risk activities that may spread infections. Also, students should minimize having meals/meetings that involve eating and drinking alcohol with people that they usually do not meet. If students do participate in these activities, they should strictly follow infection prevention measures (e.g., minimize the number of people, minimize meeting time, maintain social distance, do not remove masks unless eating, and do not speak while eating) and health management measures.  
 Overseas travel is, in principle, forbidden (If students wish to travel overseas, they should discuss with their academic supervisors, submit the “Statement of Reasons for Overseas Travel”, and receive permission from the President of NUT). For travel within Japan, there are no restrictions on traveling to other prefectures. However, students should carefully consider the need to travel to prefectures with high infection rates, and must strictly follow infection prevention measures. In principle, students are not allowed to come to campus for 2 weeks after participating in high-risk activities. If students have been sick, they are not allowed to come to campus until 3 days after recovering. These conditions also apply to job search activities.

Infection prevention precautions must be taken for the following activities:

- Traveling on crowded public transport or going to public facilities where people gather (such as supermarkets, convenience stores, and banks)
- Staying in hotels and other guest accommodations
- Visiting any crowded places or events, or joining activities before and after such events
- Attending live concerts and theatrical performances

- Visiting areas with a high risk of droplet infections, such as drinking parties (e.g., at home or at restaurants) and karaoke establishments

At present, the use of the on-campus barbecues is not allowed. However, the 3rd Cafeteria may be used from early November (scheduled) for events that fulfill the following 6 conditions: (1) maximum of 2 hours, (2) maximum of 24 participants, (3) participants are limited to NUT staff and/or students, (4) submission of a list of all participants (in addition to participants' names, please include each participant's body temperature/health condition for that day), (5) selection of an infection prevention representative, and (6) adherence to all rules.

4. For club (circle) activities, students should be especially careful to avoid the "Three Cs" and prevent the spread of infections. For club-related training camps or off-campus activities, each club must first submit an activity plan (including infection prevention measures) to the Division of Student Affairs and receive authorization. For unavoidable activities that involve going to other prefectures or participants from outside the prefecture, students should first contact and submit an activity plan to the Division of Student Affairs at least 2 weeks before the activity. Students who are temporarily not allowed to come to campus (e.g., after high-risk activities or being sick) should not participate in any club activities during that period. When going out, students must strictly follow the measures described in Item 3 above. Furthermore, all students who participate in these club activities should fill in the "Health Check and Activity Record Sheet" for 2 weeks after the activities, and submit the sheets to an infection prevention representative. This representative will then submit the sheets to the university.
5. If students work at part-time jobs, they should only do so if the working environment has adequate infection prevention measures. Students are strongly requested to avoid part-time jobs with a high risk of infections with regard to the "Three Cs".
6. Sports facilities can be used in the following cases with the implementation of infection prevention measures, such as avoidance of the "Three Cs". However, as infection prevention measures cannot be implemented in the gymnasium's changing rooms, these rooms still cannot be used.
  - Student clubs that have submitted an activity plan (regardless of which facility they wish to use) and have received authorization may use the sports facilities (in principle, each activity shall be limited to a maximum of 2 hours).
  - Other students may use the outdoor sports facilities only if they have prior reservations and submit activity record sheets that include the health conditions of participants. Students are not allowed to use these facilities without authorization. The gymnasium, indoor training room, and indoor pool may be used if rules are set and followed, and adequate infection prevention measures are implemented. If students are found to be using these facilities against the rules, they will not be allowed to use the facilities until further notice.
7. Students may use the cafeterias and all-purpose store in the Commissary Bldg. However, students must strictly follow basic infection prevention measures such as wearing a mask and washing/disinfecting hands when using these facilities (wear your mask in the cafeterias until you sit down to eat, and no speaking when eating!).
8. The Ministry of Health, Labour and Welfare has developed the COVID-19 Contact Confirming Application (COCOA). Please download it from the following site and use it as appropriate.  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa\\_00138.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00138.html)
9. Please register at the Niigata Prefecture COVID-19 Notification System (LINE), and use it as appropriate.  
 Niigata Prefecture COVID-19 Notification System  
[https://www.pref.niigata.lg.jp/uploaded/life/325649\\_564664\\_misc.pdf](https://www.pref.niigata.lg.jp/uploaded/life/325649_564664_misc.pdf)

10. Regularly wash your hands with soap/alcohol sanitizer, follow cough etiquette, and always wear a mask while outside. As always, manage your health condition and consistently monitor your temperature (before coming to NUT) and lung function. There are AI thermometers placed at the Lecture Building, library, and cafeterias. Always check your temperature before using these facilities. If your temperature is higher than average and you do not feel well, please go home and rest. You should purchase a thermometer to monitor your own temperature for health management.
11. NUT offers several support measures for students. As updated information on these measures is sometimes posted on the following university websites, please check them regularly:

Important announcements for students [https://www.nagaokaut.ac.jp/corona\\_virus/R3corona\\_student/index.html](https://www.nagaokaut.ac.jp/corona_virus/R3corona_student/index.html)

Scholarships (Division of Student Affairs Office 6) <https://www.nagaokaut.ac.jp/zaigakusei/syougakushien/index.html>

Living support (Division of Student Affairs Office 7) <https://www.nagaokaut.ac.jp/zaigakusei/seikatsushien/index.html>

Career counseling (Division of Student Affairs Office 9) <https://www.nagaokaut.ac.jp/zaigakusei/syuusyoku/index.html>

(Reference) Ministry of Education, Culture, Sports, Science and Technology: Regarding support measures for students [https://www.mext.go.jp/a\\_menu/coronavirus/benefit/index.html](https://www.mext.go.jp/a_menu/coronavirus/benefit/index.html)

(Reference) Ministry of Health, Labour and Welfare: COVID-19 infection prevention measures (Mental Health Care) [https://kokoro.mhlw.go.jp/etc/coronavirus\\_info/](https://kokoro.mhlw.go.jp/etc/coronavirus_info/)

(Reference) Ministry of Education, Culture, Sports, Science and Technology: Invitation to register at the “School/Children Supporter Bank”

[https://www.nagaokaut.ac.jp/shinro/syuusyoku/syuusyoku\\_mado/syuusyoku\\_mado.files/2020gakuseikodomosupporter.pdf](https://www.nagaokaut.ac.jp/shinro/syuusyoku/syuusyoku_mado/syuusyoku_mado.files/2020gakuseikodomosupporter.pdf)

To support the mental health of NUT students, students may talk with counselors at the counseling room in the Physical Education and Health Care Center. These counseling services use an appointment system. Please make an appointment using the following methods:

★Counseling room reservation (Physical Education and Health Care Center) - Phone: 0257-47-9824 / Email: [hcc@jcom.nagaokaut.ac.jp](mailto:hcc@jcom.nagaokaut.ac.jp)

In addition, the Student Support Center’s “Student General Consultation Window” (Synthetic Research Bldg 1F) provides support for anything that students are worried about. Please feel free to contact them (Note that counseling through email alone is not provided)

★ Student Counseling Services for Any Problems - Phone: 0257-47-9937 / Email: [gsoudan@jcom.nagaokaut.ac.jp](mailto:gsoudan@jcom.nagaokaut.ac.jp)

12. In addition to the above, please follow the state of emergency declarations, warnings, notices, and requests issued by the national government, Niigata prefectural government, and Nagaoka city government (Or the local governments in any other prefecture/municipality that you visit).

Cabinet Secretariat, Government of Japan: State of Emergency and Pre-Emergency Measures for COVID-19  
<https://corona.go.jp/emergency/>

Niigata Prefecture: Regarding COVID-19 Infections  
<https://www.pref.niigata.lg.jp/site/shingata-corona/>

Nagaoka City: Information on COVID-19 Infections  
<https://www.city.nagaoka.niigata.jp/kurashi/cate96/index.html>

*\*The situation of COVID-19 is changing every day. As NUT regularly issues notifications through emails and on the university website, we ask that you periodically check these sources to obtain the latest information. We also ask that you follow the “New Normal” lifestyle prescribed by the Ministry of Health, Labour and Welfare to prevent the spread of COVID-19.*