

Novel Coronavirus Disease (COVID-19) Countermeasures from April 1, 2022 Onward

To all students

From the President

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

Based on information issued by the national government and the COVID-19 situation within Niigata Prefecture, the newest action guidelines from April 1 onward have been released. We ask all students to follow these guidelines, and to be even more committed to preventing the spread of infections and to act with careful consideration to the risk of infections, as described below.

To date, there have been several cases of NUT students who had become infected or were identified as close contacts of infected persons. These cases had occurred because the students had been eating/drinking and having conversations together without masks, or had spent long periods of time together in the same apartment. If each student had been more careful, these cases could have been avoided. We ask that all students be more careful in their activities to prevent these situations.

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

- Classes in Term 1 will start from April 11 (Monday). However, with consideration to students' self-quarantine periods after arriving in Nagaoka from other prefectures, classes from April 11 (Monday) to April 15 (Friday) will be conducted online. From April 18 (Monday), face-to-face classes will be conducted with social distancing. 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 1 week has 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.** The Nagaoka City website has useful information regarding vaccinations. Those who wish to receive the vaccination should check the website carefully before getting vaccinated.
 - About Novel Coronavirus Vaccinations (Nagaoka City Website)
(<https://www.city.nagaoka.niigata.jp/kurashi/cate96/vaccine/english.html>)
- 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. If you must speak during meals, make sure that you wear a mask.
- 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 must speak during meals, make sure that you wear a mask.

• Anyone who has received a positive PCR test result or has been identified as a close contact of an infected person should follow the instructions of the Public Health Center or notifications from government agencies, etc. All others (excluding those described above) who have participated in high-risk activities are not allowed to come to campus for 7 days (campus quarantine period), and are not allowed to have any direct face-to-face interactions with other students or their academic supervisors. However, those without any symptoms and have shown a negative result after taking the free PCR test from the Niigata Prefecture Vaccine-Test Package* may come to campus from the day after the test even if the 7-day campus quarantine period has not ended.

**PCR Testing Locations for the Niigata Prefecture Vaccine-Test Package (Please confirm the free testing period)*
<https://www.pref.niigata.lg.jp/sec/kanyaku/pcrpackage.html>

If anyone in a laboratory has a positive PCR test result and any other students have been identified as close contacts of that infected person, all laboratory members will not be allowed to come to campus for 7 days, and should follow stay-at-home measures.

- **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, 025-385-7541, 025-385-7634 (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

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

TEL: 0258-47-9285/9286 / Email: 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, use hand sanitizers at the start/during breaks/end of the experiments, and disinfect all equipment that they have touched in order to prevent contact infections.

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, as far as possible, avoid having meals/meetings that involve eating and drinking alcohol with people that they usually do not meet.

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, students should, as far as possible, refrain from all non-urgent travel to other prefectures (avoid prefectures that have extended their quasi-state of emergency and prefectures with high infection rates). If students have participated in high-risk activities, they should follow the guidelines described in Item 1 above. These guidelines also apply to job search activities.

As far as possible, avoid the following:

- 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, drinking parties and barbecues within campus are not allowed as the cases of close contacts at NUT have been due to speaking during meals or having long conversations after meals without masks. In addition, the 3rd Cafeteria may not be used. Furthermore, we ask students to refrain from having drinking parties at home with multiple people. If such activities are conducted, students should strictly follow infection prevention measures, such as using remote methods without face-to-face interactions.

4. Club activities are forbidden from April 4 (Monday) until April 17 (Sunday), and only online activities are allowed during this period. From April 18 (Monday) onward, club activities can be conducted for sessions of 2 hours or less, and students should be especially careful to avoid the “Three Cs” and prevent the spread of infections. For the resumption of activities, each club must first submit a new activity plan (including infection prevention measures) for 2022 onward with consideration to the guidelines specified by the relevant organization for each sport/game to the Division of Student Affairs, and receive authorization before conducting their activities.

Next, (1) club-related training camps, (2) off-campus activities, and (3) any activities with other universities or other institutions within Niigata Prefecture will be allowed if the club first submits an activity plan and receives authorization. However, activities that require interactions with persons residing outside of Niigata Prefecture are not allowed until further notice. For cases in which non-participation in a competition’s activities would have serious effects on future activities, please individually contact the Division of Student Affairs.

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 (each activity session shall be limited to a maximum of 2 hours).
- Other students may use the sports facilities only if they have prior reservations and submit activity record sheets that include the health conditions of participants. Students are strictly not allowed to use these facilities without authorization. However, some facilities may not be used during the winter, during construction, or if they are closed for other reasons as needed by the university.

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! If you must speak during meals, make sure that you wear a mask!](#)).

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

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

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

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

Living support (Division of Student Affairs Office 8) <https://www.nagaokaut.ac.jp/zaigakusei/seikatsushien/index.html>

Career counseling (Division of Student Affairs Office 10) <https://www.nagaokaut.ac.jp/zaigakusei/syususyoku/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

(Reference) Ministry of Health, Labour and Welfare: COVID-19 infection prevention measures (Mental Health Care)

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/syususyoku/syususyoku_mado/syususyoku_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

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

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>

*PCR Testing Locations for the Niigata Prefecture Vaccine-Test Package

<https://www.pref.niigata.lg.jp/sec/kanyaku/pcrpackage.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.*