

Rules to prevent COVID-19 infection and to stop its spread

Please observe the following rules to protect yourself and others.

«Daily rules»

- ◆ Wash your hands often with soap. Use an alcohol-based hand sanitizer.
- ◆ Wear a facemask when you meet someone.
- ◆ Keep your distance from other people (at least 1 meter, if possible 2 meters)
- ◆ Ventilate a room by opening the windows regularly.
- ◆ Avoid the 3Cs (Closed spaces, Crowded places, Close-contact settings).
- ◆ Avoid eating out as much as possible. If you need to eat out, choose a restaurant that has ventilation, acrylic panels, and other measures to prevent infection. Do not share plates, cups, or cutlery. Remove your mask only when eating, and wear it when talking.
- ◆ Avoid karaoke because of the high risk of infection.
- ◆ Do not go to areas where the infection is widespread.

«When you eat at a cafeteria on campus»

- ◆ Limit it to 20 minutes.
- ◆ Leave a space between you and others when you sit down. Do not sit directly across from one another.
- ◆ Avoid talking with other people while eating. Wear a facemask when talking before and after a meal.

«The common room in your dormitory»

- ◆ Common room is available only once a week (Sundays) to prevent infection.
This is subject to change depending on the status of COVID-19 infection in Japan, in which case we will let you know then.

«When riding a school bus.»

- ◆ Do not talk on a school bus to prevent infection.
- ◆ No food is allowed on a school bus. (Drink is allowed.)

«When you use a kitchen in your dormitory»

- ◆ Avoid gathering in large groups.
- ◆ Maintain social distance.
- ◆ Avoid talking.
- ◆ Wear a facemask.
- ◆ Wash your hands with soap or use an alcohol-based hand sanitizer before and after using common areas.
- ◆ Ventilate a room by opening the windows regularly.
- ◆ Prepare your own tableware and cutlery to avoid sharing.
Wash the used dishes and cutlery with dishwashing liquid.
- ◆ Before and after using the kitchen, clean all surfaces especially table, chairs, home appliances and sink, with alcohol-based sanitizer.

«When you use a dining space in your dormitory»

- ◆ Avoid gathering in large groups.
- ◆ Maintain social distance.
- ◆ Wear a facemask.
- ◆ Wash your hands with soap or use an alcohol-based hand sanitizer before and after using a dining space.
- ◆ Ventilate a room by opening the windows regularly.
- ◆ Leave a space between you and others when you sit down. Do not sit directly across from one another.
- ◆ Avoid talking with other people while eating. Wear a facemask when talking before and after a meal.
- ◆ When crowded, stagger your meal time or eat in your own room.

«Dormitory Visitor»

No one other than the residents can enter the dormitory.

Meet your friends outside the dormitory. Select a well-ventilated area and keep your social distance. Be sure to wear a facemask.

«Entertainment, sports, etc.»

- ◆ Avoid crowded places and crowded hours.
- ◆ Act with a small number of people (4 people or less).
- ◆ Choose outdoor entertainments rather than inside ones.

«If you feel sick»

If you have any of the following symptoms, stay in your room and call or email to the

caretaker, one of the RAs or the International Office. After that, please follow the instructions of NUFS.

Fever of 37.5°C or over, Cold symptoms, Loss of smell and/or taste, Strong feeling of weariness (fatigue), Shortness of breath (breathing difficulty), any other COVID-19 symptoms

If you have any suspected COVID-19 infection symptoms, contact the caretaker, the RAs or the International Office by phone or email.

- Do not leave your room
- Read the notes given from the caretaker carefully
- Measure body temperature and fill out a medical questionnaire
- Testing with antigen test kit

The caretaker will contact the hospital to confirm whether or not the patient can be seen and provides hospital information to the student. The student need to go to a hospital according to the instructions of the caretaker. To prevent infection, any of NUFS staff, caretaker and RAs cannot take you to the hospital. Basically, we will arrange a hospital within walking distance, so please see a doctor on your own. Fill out the medical questionnaire and bring it with you.

Follow the instructions of the hospital and the Health Center and treat yourself by "hospitalization", "treatment at a designated facility" or "treatment in a dormitory room". If you can choose "treatment at a designated facility" or "treatment in a dormitory room", select "treatment at a designated facility" to prevent the spread in the dormitory.

After visiting the hospital, report the result by phone or email to the caretaker (or RA, International Office).

Inform your home university and your family of your situation. NUFS will not inform them due to personal information.

If you are unable to choose "treatment at a designated facility" and treat yourself in a dormitory room, residents of International House or Global Village should move to the NUFS • NUAS Residence, during the home treatment period. Please confirm the precautions for "treatment in a dormitory room" in the information given by the caretaker.

《Notes》

- When you have symptoms suspected to be COVID-19 and NUFS instructs you to take a antigen test or PCR test, you must follow the instruction and visit a hospital to be tested. You cannot refuse the test by claiming that it is not COVID-19 based on your personal judgment.
- All costs incurred as a result of contracting COVID-19, such as hospital visit fees, test fees, and medical care fees, are to be borne by the individual. Currently, there is no charge for testing when symptoms are present, but a hospital visit fee (several thousand yen) is required. In addition, the Japanese government may change its policy in the future and charge a fee for the test.
- If you test positive for COVID-19 and ordered to be treated in isolation, be sure to receive treatment at a designated facility in Aichi Prefecture. The isolation treatment in your room in NUFS dormitory is not allowed. Only if there is no vacancy at the designated facility, you must receive isolation treatment at a place directed by NUFS.
- To prevent the spread of infection in the dormitories and on campus, follow all instructions from the International Office regarding COVID-19.

《Useful information》

【Ministry of Health, Labour and Welfare - Multilingual information for COVID-19-】

<https://www.covid19-info.jp/>



【Ministry of Health, Labour and Welfare - Novel Coronavirus (COVID-19)-】

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html

