

To Students/Staff

## **Measures for the Novel Coronavirus Disease (COVID-19)**

(updated May 22, 2020)

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In response to the increasing risks of the novel coronavirus disease (COVID-19) infections among University-related persons, due to the domestic and global expansion of infected regions, the University decided to establish the "Nara Women's University Novel Coronavirus Disease Emergency Management Office" as of February 28 and attend as a whole to the matter.

The content of the university's measures was updated as of May 22, 2020. Based on the latest condition, measures have been redrafted, including those that have already been announced so far. We ask that students and staff continue to take appropriate action in compliance with these measures.

Contents of these measures are subject to change, depending on future developments. We ask that all individuals ensure to periodically check for any such changes.

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### **<Measures at Nara Women's University >**

#### **I. Prevention of infection**

The novel coronavirus disease is an illness in which fevers, sore throats, and coughing often prolong (for about one week). Many patients also report a strong sense of tiredness (fatigue). Another characteristic aspect is that while symptoms of regular colds and influenzas start alleviating from about three days, those of the disease tend to become severe. In addition, since people can catch the novel coronavirus through droplet and contact transmission, please take heed of the following points on a daily basis.

1. Cautions in day-to-day life

(1) Wash your hands frequently and use hand sanitizers containing alcohol

(2) Keep in mind of the “cough etiquettes,” such as wearing masks.

\*Cough etiquette refers to the way you cover your mouth and nose with tissue paper, handkerchief, or the edge of a sleeve to avoid spreading germs to other people.

(3) Avoid crowded areas

(4) Refrain from unnecessary and unurgent outings

(5) Avoid use of public transportation for long hours

2. Please take heed to avoid the following “three Cs” especially in classes and meetings

(1) Closed spaces with insufficient ventilation: periodically ventilate spaces

(2) Crowded conditions with people: take heed that many people do not crowd in a single space

(3) Conversations in short distances: maintain a fixed distance from others and secure sufficient space

3. Standards on commuting to the university

Measure your body temperature every morning. If you experience relatively mild cold-like symptoms (coughing, sore throat, shortness of breath, general fatigue, diarrhea, etc.) including fevers, refrain from coming to the university and take the following measures.

(1) Measure your body temperature and record it with your symptoms every day until such symptoms subside.

(2) After symptoms subside, monitor your health condition for three days and then commute to the university from the fourth day.

\*If symptoms prolong for four days or more, ensure to consult with the Call Center for Japanese Returnees and Potential Contacts by telephone.

(Refer to (3) in “4. Contacts in case of potential novel coronavirus disease onset” on the next page.)

4. Contacts in case of potential novel coronavirus disease onset

If you experience the following symptoms, immediately contact the nearest Call Center for Japanese Returnees and Potential Contacts. If potential of onset and the need for diagnosis are determined, first contact the department you belong to, and if instructed by public health centers or medical institutions, contact the Health Care Center as well.

(1)When either of the following symptoms manifest strongly: difficulty in breathing (respiratory distress), strong sense of tiredness (fatigue), or high fevers

(2)For those susceptible to disease progression\*, when relatively mild cold-like symptoms such as fevers and coughing manifest

\*Elderly, those with underlying conditions such as diabetes, heart failure, or respiratory diseases (COPD, etc.), those receiving dialysis, those taking immune suppressants or anti-cancer therapies

(3)When relatively mild cold-like symptoms such as fevers and coughing continue

If symptoms continue for four days or more, ensure to consult the centers. Symptoms differ according to individual; so, if you feel your symptoms are strong, immediately consult the centers. The same applies to those who need to continue taking antipyretics.

◆Call Center for Japanese Returnees and Potential Contacts, Nara Prefectural Office: 0742-27-1132

◆Health Care Center, Nara Women’s University: 0742-20-3782

5. When diagnosed as novel coronavirus disease or confirmed as a close contact

- (1) If staff are diagnosed as being infected by the novel coronavirus disease or confirmed as a close contact of an infected person by public health centers, teaching staff are to promptly contact respective heads of offices and administrative staff, to respective heads of divisions and offices.

In such case, the staff will be exempt from obligation to devote full working time to duties.

- (2) If students are diagnosed as being infected by the novel coronavirus disease or confirmed as a close contact of an infected person by public health centers, promptly notify the teaching staff in charge or otherwise, email (gakumuka@cc.nara-wu.ac.jp) or call (by telephone) the respective staff in charge at the Educational Affairs Division. In such case, the student will be granted an authorized absence.

As for telephone numbers of respective staff in charge, dial the following numbers after the first numbers 0742-20:

Faculty of Letters Section 3328; Faculty of Science Section 3257;

Faculty of Human Life and Environment Section 3498; Graduate School Section 3911;

Educational Affairs Section 3233

## II. University students and staff visiting/returning from abroad

1. The university will mandate those below to suspend attendance to class or work and stay at home, regardless of whether or not the novel coronavirus disease symptoms have manifested.

- (1) Those who returned or visited from countries/regions designated as “Level 3 Warning on Infection Diseases” in the Ministry of Foreign Affairs’ Warning on Infection Diseases information
- (2) Those who returned or visited from countries/regions designated as “Level 2 Warning on Infection Diseases” in the Ministry of Foreign Affairs’ Warning on Infection Diseases information

▷ Duration of stay-at-home mandate: 14 days from the day of entry/return to Japan

\*Applicable persons are requested not to use public transportation from the airport to home. Please note that you will be required to arrange your own means of transportation. Limousine taxis that meet specified criteria may be used for transportation. For details, visit the following website.

(Ref) Ministry of Health, Labour and Welfare website:  
[https://www.mhlw.go.jp/stf/seisakunitsuite/newpage\\_00020.html](https://www.mhlw.go.jp/stf/seisakunitsuite/newpage_00020.html) (in Japanese)\*With regard to Certificate of Eligibility, in light of the expanding novel coronavirus disease infections, Certificates of Eligibility, which are normally effective for three months, will be valid for six months, for the time being. For details, refer to the website below. (If you intend to use a Certificate of Eligibility for which 3 months or more have passed since its issuance, at the time of applying for the issuance of a visa at the diplomatic mission abroad, you will be required to submit a document in which the accepting organization, etc. has stated that, “We will continue acceptance in the form of the contents of the activities given at the time of the application for the issuance of the Certificate of Eligibility”. )

(Ref) Ministry of Justice’s website: <http://www.moj.go.jp/content/001316875.pdf>

(3) Those determined to have been in contact with others infected by the novel coronavirus disease

▷ Duration of stay-at-home mandate: 14 days from the determined day of contact

- Applicable persons are to contact the university's Health Care Center, and if fevers/respiratory symptoms show, promptly contact the nearest Call Center for Japanese Returnees and Potential Contacts as well.

◇ Health Care Center, Nara Women's University: 0742-20-3782

◇ Call Center for Japanese Returnees and Potential Contacts, Nara Prefectural Office: 0742-27-1132

- Applicable staff will be exempt from obligation to devote full working time to duties during the period above when they stay at home.
- Applicable students will be granted authorized absence from classes and tests. For any inquiries, consult with the staff in charge at the Educational Affairs Division through email ([gakumuka@cc.nara-wu.ac.jp](mailto:gakumuka@cc.nara-wu.ac.jp)) or phone. As for telephone numbers, dial the following numbers after the first numbers 0742-20:  
Faculty of Letters Section 3328; Faculty of Science Section 3257;  
Faculty of Human Life and Environment Section 3498; Graduate School Section 3911;  
Educational Affairs Section 3233

2. Measures for new students admitted to the university from April 2020, and who are traveling from regions specified in (1) and (2) above, will be individually taken. Please consult by email ([ryugakusei@cc.nara-wu.ac.jp](mailto:ryugakusei@cc.nara-wu.ac.jp)) to the International Students Section.
3. Those returning from countries/regions designated as "Level 1 Warning on Infection Disease" are to promptly contact the Health Care Center, regardless of whether or not symptoms are manifesting. Such returnees may attend classes and work if no symptoms show. However, since health conditions must be observed for two weeks, consult with the Health Care Center.
4. A two-week observation of health conditions is also recommended for returnees from other countries/regions.
5. If there are any concerns, please consult with the Health Care Center.

### **III. Overseas travel (including personal travel)**

Overseas travel (including personal travel) of students and staff will be handled as the following. Please submit necessary notifications. Since the warning level of infectious diseases below is subject to change depending on the latest situation, periodically confirm the Ministry of Foreign Affairs' Overseas Safety website.

- (1) Travel to countries/regions designated as "Level 2 Warning on Infection Diseases" or higher

We ask that both students and staff do not travel to such destinations.

- (2) Travel to countries/regions designated as "Level 1 Warning on Infection Diseases"

As a general rule, we ask that students do not travel to such destinations. Staff are asked to refrain from unnecessary and unurgent travel to such destinations. If such travel is necessary for unavoidable reasons, take heed of the following points.

- Ensure to inform contact points at the destination to your workplace, family, and friends, regardless of whether the travel is for work or personal purposes.
- Ensure to subscribe to health insurances or travel insurances that cover treatment of infectious diseases.
- Ensure to register on the Ministry of Foreign Affairs' Overseas Travel Registration (Tabi-Regi) and take heed

to collect information on the destination's status on infections.

- Take careful note of any changes in health condition after returning to Japan.

(3) Other countries/regions

We ask both students and staff to refrain from unnecessary and unurgent travel. If travel is necessary for unavoidable reasons, comply with the above points of attention in (2).

#### **IV. Acceptance of researchers from abroad**

The following measures will be taken for acceptance of researchers from abroad.

- (1) Cancel or postpone acceptance of researchers from countries/regions that are designated as "Level 2 Warning on Infection Diseases" or higher.
- (2) Cancel or postpone acceptance of researchers from countries/regions that are designated as "Level 1 Warning on Infection Diseases" or countries/regions with no information regarding warnings on infectious diseases, unless there are unavoidable reasons.

#### **V. Domestic travel and business trips**

Do not travel outside of the region of your current residence, for example, for unnecessary and unurgent return to your parents' home or travel.

As a general rule, business trips are prohibited.

#### **VI. Students' entry to campus**

1. Undergraduate students and the graduate students from regions with high number of infected people are prohibited from entering the campus, for reasons including voluntary research activities, until May 31, for the time being.

However, if the following apply, students will be exempted from the prohibition of entry. In such case, prior permission from supervising teaching staff will be necessary. When entering the campus, be prepared to present emails or other notes indicating the permission from supervising teaching staff. (Supervising teaching staff shall keep and retain records of those who are permitted to enter the campus.)

- (1) When participating in some of the exercises, experiments, and study sessions that will be held in classroom style (such classes will be separately notified)
- (2) When participating in some of the research groups or study sessions that will be held
- (3) If the progress of senior research or thesis will be significantly hindered otherwise
- (4) If the progress of researches will be significantly hindered otherwise
- (5) When a place for online interviews need to be secured on campus, due to the dormitory of such student being under construction

Other than those mentioned above, when participating in remote classes, if students cannot secure Internet access at home and need to use on-campus facilities, they may enter the campus by noting necessary information when entering.

In addition, only when purchasing lunches at the university Coop, students may enter the campus by presenting an entry application form they brought along in advance at the guard room (during 11:00 a.m.-2:00 p.m. on weekdays)

2. Graduate students from regions where infected cases are not many must be also prepared to present emails and other notes indicating permission of entry from supervising teaching staff. (Supervising teaching staff are to keep and retain records of those permitted to enter the campus.)

## **VII. Extracurricular activities**

Under ‘Actions Based on Nara Women’s University’s Activity Index Established to Prevent the Spread of Novel Coronavirus Disease’, unless the novel coronavirus crisis is stamped out, for the time being (during phase 2~4 in the Activity Index), activities (practices, matches with external teams, training camps, away matches), gatherings (lunches/dinners, drinking parties) and welcoming events and recruiting new members in person of extracurricular activity groups/clubs will be prohibited, in order to prevent the spread of the novel coronavirus disease.

## **VIII. Holding events**

The following measures will be taken until May 31.

- Events or gathering hosted by the university will be canceled or postponed.
- Cancel or postpone events held together with other organizations.
- Cancel or postpone gatherings that include food and drinks, such as welcome and farewell parties.

The following measures will be taken from June 1.

- Among events and gatherings hosted by the university or together with other organizations, those that need to be held and expect not many participants (around 50 people or less) may be held, under the condition that infection prevention measures are thoroughly taken.
  1. Ensuring avoidance of the 3Cs (closed spaces, crowded places, close-contact settings)
  2. Events and gatherings in which speaking in loud voices, singing, cheering, and talking in close distance are not expected, as a general rule
  3. Taking appropriate infection prevention measures (restricting and guiding enterers, preparing hand sanitization facilities, wearing masks, ventilation within room, etc.)
  4. Calling out to participants to refrain from interaction before and after events or during breaks as much as possible
- For other events and gatherings, cancellation, postponement, or minimizing the number of participants is still requested.
- Regardless of the above, cancel or postpone events and gatherings that include food and drinks.

## **IX. Staff work attendance and others**

1. Exemption from obligation to devote full working time to duties

During periods when commute is restricted, based on the above “I. Prevention of infection, 3. Standards for commute,” if staff is diagnosed as being infected with the novel coronavirus or confirmed as a close-contact by any public health center, or returns or visits from/to countries/regions designated as Level 2 or higher Warning on Infection Diseases, and if his/her work cannot be performed due to restrictions on working, such staff will be exempted from obligations to devote full working time to duties.

2. Payment of allowance for leave of absence

Staff (part-time lecturers and part-time employees, etc.) who must take leaves of absence, due to the closing of attached schools or discontinuance of counseling services, will be paid an allowance equivalent to 60% of their pay, based on the Labor Standards Act.

### 3. Acquisition of special leave of absence

If it is deemed appropriate that staff should take a leave of absence to care for children whose elementary school, kindergarten, nursery school, or authorized childcare centers are temporarily closed or limiting acceptance due to novel coronavirus disease, the staff may acquire a paid special leave of absence.

### 4. Remote work and off-peak commute

(1) Remote work will also be allowed for those who reside in regions where local governments continue to request for remote work and others, even after the release of emergency state declarations, if proper working and security environments are secured at home, and managers deem that their performance level can be maintained (as compared to when working on-location).

(2) If pregnant female staff receive instructions from physicians or others regarding effects of psychological stress from concern about potential novel coronavirus infection on the mother's or fetus's health condition, based on health guidance and exam results, maternal health management measures (remote work, etc.) will be considered. In such cases, consult with persons in charge of HR planning.

## **X. Other**

1. Until June 30, for the time being, external persons (excluding affiliated persons (vendors)) will be prohibited from entering the university campus (including the Coop cafeteria). (The duration may be revised before June 30, depending on developments in the social situation.)
2. When holding gatherings of ten (10) people or more, take heed to wear a mask and manage hygiene such as frequent ventilation.
3. With regard to meetings, review their necessity and participants (committee members or observers). Cancel or postpone unnecessary and unurgent meetings and use remote conference systems.
4. If, for inevitable reasons, you participate in job hunting and career-related events or perform part-time jobs, take heed to take thorough hygiene management measures such as mask use.