

[All Niigata University students and staff] Alert on the Novel Coronavirus (As of May 27, 2020)
May 27 2020

The guidelines for consultation and examination regarding the novel coronavirus has been changed.

If you have any symptoms of illness or you are concerned about having been infected, please follow the instruction as explained below.

1. It is effective for prevention to wash your hands and do cough etiquette.*
2. If you have any of the symptoms in the following guidelines, please consult the Niigata Prefecture's "[Returnee and Contact Consultation Center](#)" by phone. This is to ensure to introduce you to a medical institution with a well-organized medical treatment system, but this measures may change in the future.
3. If you are diagnosed with the novel coronavirus, for students, please contact the [Student Affairs Office](#) of your Faculty or Graduate School and for staff, please contact the General Affairs Section of your Faculty or Graduate School by phone or e-mail.
4. If you are concerned about the flu or any other infectious diseases even if the following guidelines don't apply to you, see your primary doctor with wearing a mask after calling. Your doctor may refer you to the Niigata Prefecture's "[Returnee and Contact Consultation Center](#)".

<Guideline>

-You have severe symptoms such as shortness of breath (difficulty breathing), a strong feeling of weariness (fatigues) or a high fever.

-You are at higher risk** for severe illness from the novel coronavirus and mild, cold-like symptoms such as fever and cough.

-You do not fall under the above-mentioned guideline, but have relatively mild, cold-like symptoms such as fever and cough.

If you have had the symptoms for four days or more, please make sure to consult Returnee and Contact Consultation Center. As symptom severity differs individually, please be sure to immediately consult the Center if you have severe symptoms or you need to keep taking a medicine such as antipyretic.

*** cough etiquette**

When coughing and sneezing, wear a mask or cover your mouth and nose with flexed elbow

or tissue. Throw tissue immediately into a closed trash bin and wash your hands with soap and water.

****higher risk**

-You are at higher risk if you are a senior citizen, have an underlying disease including diabetes, heart failure and respiratory disease (ex. COPD), receive dialysis or take immunosuppressant drugs or anticancer drugs.

<Self-health monitoring>

If you fall under any of the following condition, you are required to self-monitor your health for 7-14 days, fill in the health check list and submit it to your affiliated faculty:

- You are entering Japan from overseas → please use the checklist <Returning to/Enter Japan>
- You have cold-like symptoms → please use the checklist [<Cold-like symptoms>](#)
- You have close contact*** with carriers of the novel coronavirus → please use the checklist [<Close contact>](#)

*****close contact**

- You had contact with someone who was/is/become a confirmed carrier of the new strain of coronavirus
- You had contact with bodily fluids (mucus, sneezes, spit, etc.) with someone who may have been a carrier of the coronavirus
- You gave a medical examination, lived with, nursed or cared for, etc. someone who may have been a carrier of the coronavirus

Please click the links below for more information related to the novel coronavirus.

[Ministry of Justice](#)

[Ministry of Health, Labour and Welfare](#)