For Niigata University International Students newly entering Japan

Information regarding COVID-19: Preventive Measures and Response

September 15, 2022

Niigata University
International Office
1. Current Situation of COVID-19

What kind of situation are we in? (as of September 15, 2022)

【Situation in Japan】
Infections led by the BA.5 strain of Omicron are spreading rapidly, and the number of new cases per day nationwide has exceeded 200,000 doubling the peak of last winter.

【Situation in Niigata Prefecture】
In order to protect the lives and health of the elderly and others at high risk of serious illness, a "Declaration of Strengthened BA.5 Control Measures" has been issued.
2. Infection: Causes and Symptoms

How do we get infected?

1. Droplet infection (cough, sneezing, saliva; close-ranged conversation)
2. Infection by contact (touching a door knob, desk and PCs)

What are the typical symptoms?

1. Lasting cold-like symptoms such as fever, cough and sore throat.
2. Excessive fatigue and/or difficulty in breathing.
3. In a severe case, it could lead to pneumonia and even to death.
3. How to Prevent Infection

Please observe the following prevention measures!

1. Wash your hands often and sanitize your fingers.  
   Wash your finger tips, under your fingernails, between your fingers, and your wrists.

2. Wear a mask properly.  
   When you talk, always wear a mask and completely cover your nose and mouth.

3. Monitor your health condition: take your body temperature.

4. Get enough sleep and nutrients.

5. Refrain from going out/coming to classes when you notice any changes in your health condition, such as having a fever or feeling unwell.

(Source: Ministry of Health, Labour and Welfare)

How to wear a mask properly (video)  
https://www.youtube.com/watch?v=YEZanmMGqdg
4. How to Prevent Cluster (1)

Avoid the following occasions: the “Three Cs”

1. Close-contact settings such as talking without wearing a mask, or in a loud voice
2. Crowded places with many people nearby
3. Closed spaces with poor ventilation

Aim for “Zero C.”

Even outdoors, be careful of crowds and close contacts. Avoid approaching crowds and talking loudly.

(Source: Website of Ministry of Health, Labour and Welfare)
1. Social gatherings with drinking alcohol
2. Long feasts in large groups
3. Conversation without a mask
4. Living together in a small limited space
5. Switching locations: when you move to another location such as when you take a break in workplace and school.
No vaccines are perfect in providing protection against COVID-19 infections, or preventing symptomatic disease.

We do not know how effective the vaccines will be against new variants that may arise.

Make sure to keep taking the basic measure even after vaccinated:

- Wear a Mask
- Wash Your Hands with Soap
- Avoid the 3 Cs
- Ventilate the Room
Actions taken by students

**NU Activity Restriction Guidelines** (As of July 15, 2022)

(1) There are two types of classes: face-to-face classes and non-face-to-face classes. When attending face-to-face classes, students should follow the instructor's instructions, including wearing a mask, checking body temperature, and taking good care of their health.

(2) Extracurricular activities are not permitted unless each group prepares its own infection control measures.
<table>
<thead>
<tr>
<th>Actions taken by students</th>
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**NU Activity Restriction Guidelines** (As of July 15, 2022)

3. When entering the campus, wear a mask and disinfect your fingers.

4. There are rules regarding the use of the library, such as the prohibition of conversation while studying.

5. Students are asked to refrain from sightseeing trips and other personal travel.

   *If you wish to return to your home country temporarily, you must consult with your academic advisor and the Student Affairs Office in advance.*

6. Students are advised to make decisions carefully when going outside of Niigata Prefecture, and to observe their health after traveling outside of Niigata Prefecture.
Actions taken by students

(1) Refrain from going out and traveling to crowded places, or places with a high risk for infection as much as possible.

(2) If you need to have a gathering party with food and drinks, make sure it is held for the shortest possible time with the fewest number of people, and take thorough measures to prevent infection. When you eat out, use restaurants which take thorough preventive measures against COVID-19. Be alert to the increased risk of infection, especially when dining/drinking together with your friends in the same room including the dormitory and apartment rooms.
6. Request from NU: Preventing Infection (2)

Actions taken by students

(3) Refrain from participating in events with a large number of people as much as possible.

(4) If you need to participate in the event with a large number of people, have a party with food and drinks, or travel out of Niigata prefecture, get tested as appropriate at Niigata Vaccine-Test Package Centers or drugstores designated by the prefecture before and after attending the events.

Regarding Niigata Vaccine-Test Package Centers, please visit [HERE](#) (Japanese only).
Monitor your health condition and record your activities to prevent the spread of the virus.

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<thead>
<tr>
<th>No.</th>
<th>WHO</th>
<th>WHAT</th>
<th>WHEN</th>
<th>HOW</th>
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<tbody>
<tr>
<td>①</td>
<td>All international students</td>
<td>Health monitoring</td>
<td>For 14 days before departure</td>
<td>Record on “Health Monitoring for 14 Days before Departure.” Once completed, be sure to submit it to the section in charge at your faculty/graduate school before leaving your country.</td>
</tr>
<tr>
<td>②</td>
<td>All international students</td>
<td>Travel/Activity recording</td>
<td>For 7 days before departure</td>
<td>Record on “Self-reporting Travel Activity Form for NU Students (before departure)” and submit it to the section in charge at your faculty/graduate school before leaving your country.</td>
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Monitor your health condition and record your activities to prevent the spread of the virus.

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<tr>
<td>③</td>
<td>All international students</td>
<td>Travel/ Activity recording</td>
<td>For 8 days including the entry date</td>
<td>Record on “Self-reporting Travel Activity Form for NU Students (after entering Japan).” Submit to the section in charge at your faculty after completion.</td>
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<tr>
<td>④</td>
<td>Persons who correspond to Type B (those who self-quarantine in a hotel for 7 days &amp; 6 nights)</td>
<td>Health monitoring</td>
<td>For seven days from the day after your arrival in Japan until the end of the quarantine period</td>
<td>Report through MySOS.</td>
</tr>
<tr>
<td>⑤</td>
<td>All international students</td>
<td>Health monitoring</td>
<td>For seven days from the day after your entry in to Japan</td>
<td>You check twice a day, once in the morning and once in the evening, and register in AMARYS once a day between 8:00 and 9:00 AM. ※Even after the quarantine period is over, you must register with AMARYS.</td>
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Monitor your health condition and record your activities to prevent the spread of the virus.

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<td>⑥</td>
<td>Students who traveled out of Niigata prefecture</td>
<td>Health monitoring and travel/activity recording</td>
<td>For 7 days</td>
<td>Download the form from NU’s website and record the information.</td>
</tr>
<tr>
<td>⑦</td>
<td>Students having cold-like symptoms</td>
<td>Health monitoring</td>
<td>For 7 days or until the symptoms disappear</td>
<td>When you have completed the form, submit it to the student affairs office of your faculty/graduate school.</td>
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<tr>
<td>⑧</td>
<td>Students who haven't contacted with infected persons, with PCR negative results</td>
<td>Health monitoring</td>
<td>For 7 days</td>
<td>Note: Submission of the forms for students who traveled out of Niigata is not required if you finish recording without any particular symptoms.</td>
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<tr>
<td>⑨</td>
<td>Students with a possibility of getting infected with the virus through close contact with infected persons</td>
<td>Health monitoring</td>
<td>7 days from next day of the close contact</td>
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<tr>
<td>⑩</td>
<td>Students entering Japan from overseas (*Re-entry)</td>
<td>Health monitoring and travel/activity recording</td>
<td>For 7 days from the day after their entry into Japan</td>
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7. How to Monitor your Health Condition

<How to fill in the health checklists>

1. Take your temperature twice a day: morning and evening → You need a thermometer
2. Record your health condition and all symptoms. Good ○, Bad ×
3. After completing the health check, please submit the checklist to the Students’ Affairs of your faculty or graduate school.
   *You do not need to submit the form “Traveling out of the prefecture” unless you are worried about being infected.

<Health Checklist>

<table>
<thead>
<tr>
<th>Date</th>
<th>AM</th>
<th>PM</th>
<th>Cough</th>
<th>Sore throat</th>
<th>Runny nose</th>
<th>Nasal congestion</th>
<th>Headache</th>
<th>Diarrhea</th>
<th>Stomachache</th>
<th>Excessive fatigue</th>
<th>Shortness of breath</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>April 1st</td>
<td>36.2</td>
<td>36.5</td>
<td>✔</td>
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<td>Day 2</td>
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8. Signs You Should Ask for Medical Advice

If you have following symptoms, please ask for medical advice immediately!

- When you notice any changes in your health condition, such as having a fever or feeling unwell, first consult the appropriate entities by phone or via email immediately.
- You should consult, have an examination, and receive necessary treatment as soon as possible. It is about protecting yourself and those around you.
9. What to Do When Infection Is Suspected

Immediately after entry

① Under quarantine in the facility designated by quarantine station
   Follow the instructions of the quarantine station.

② Under quarantine at a hotel
   **JTB Sendai Branch**
   E-mail address for NU students: niigata_univ@jtb.com
   Tel: (9:30~17:30) 022-263-6716
   (17:30~9:30 and in an emergency) 080-9258-4459

③ After arriving in Niigata
   **Multilingual COVID-19 Hotline**
   (Consultation available 24 hours a day, in 19 languages)
   Call and consult at 025-256-8573 and contact the Students’ Affairs Office of your faculty/graduate school.
10. NU's COVID-19 Related Consultation and Contact Information

During student life

Where to contact If suspected for COVID-19, have been infected or have had close contact with infected persons

Instructions for those who are suspected of COVID-19 infection
https://www.niigata-u.ac.jp/en/information/3462/

COVID-19 Emergency Student Support Desk

A consultation counter about “NU COVID-19 Emergency Student Support Package.” You can consult with them about scholarship or part-time job if you are having difficulties related to your studies or finances due to COVID-19.
https://www.niigata-u.ac.jp/en/information/8429/
NU has introduced Seating Management System (Mamoru Biz) as part of prevention measures against the spread of the COVID-19.

Seating information will be used to identify the person who has had close contact, and to disinfect the related facilities immediately.

For detailed information on the preparation and how to use the system, check the NU’s website.

[To all NU students] Introduction of Seat Management System to prevent the spread of the novel coronavirus (Published on Apr, 7, 2021)
12. Vaccine Coupons

- It is recommended to consider vaccination for those who have not yet been vaccinated for the third time. If you wish to be vaccinated, you must apply for issuance of a vaccine coupon.
- When you go to the Ward Office for residence registration, you will receive documents in an envelop.
- Follow the instruction on the documents to complete the procedure by mail.
  
  What to enclose:
  - ✔ Application form for issuance of a COVID-19 vaccine coupon and a consent form to receive confirmation of vaccination record
  - ✔ (If you have been vaccinated overseas) A copy of the vaccination certificate
  - ✔ Other (as indicated on the document in the envelope)
- Niigata City Public Health Center will issue a vaccination coupon based on the number of times you have been vaccinated with the vaccines approved in Japan*.
  *Pfizer, Moderna, AstraZeneca, Takeda (Novavax), and Janseen
- Niigata City Notice on COVID-19 Vaccination (for people who live in Niigata City)
13. Respect and Consideration for Human Rights

Stop unfair discrimination and prejudice!

Anyone could be infected with COVID-19. Stop groundless accusation against infected persons and those who have relations with them. To get rid of unfair discrimination, act calmly with compassion and kindness based on accurate information.

Human Rights Counseling for Foreigners [Ministry of Justice]
0570-090911
Human rights counseling in 10 languages
14. Last but Not Least

How to collect necessary information

1. Check the notices sent to you via Student Web System
2. Check NU’s website regularly
   - Important Notice for Students (Japanese only)
   - Information Regarding the Novel Coronavirus
   - 2022 Orientation for International Students
   - Health Administration Center of Niigata University

Your participation and responsible behavior is of grave importance for a meaningful student life in Niigata!