

ATTN: All Students

Precautions when coming to Kawauchi Kita Campus

1. Monitoring your health

- We ask that you monitor your health carefully and **check your temperature** every morning.
- Always **wear a mask** when coming to campus.
- If you have a fever or other cold-like symptoms, you **cannot** attend on-campus classes or come to campus.
- If you are absent from on-campus classes due to feeling unwell, fever, or cold-like symptoms, please fill out the temperature/health check-sheet with your temperature/symptoms (see Attachment 1; enter information for both morning and evening daily), and submit it to your instructors upon request.
- If you must undergo a PCR test, or learn you had close contact with a COVID-19 patient, you cannot attend on-campus classes or come to campus for two weeks. Please follow **the instructions on the COVID-19 flowchart** (Attachment 2).
- Thermal imaging cameras** have been installed on the 1st floor of the Education and Student Support Center and in front of the common room on the 1st floor of Lecture Rooms building B. Please use them to check your temperature.

2. Using classrooms

- Before entering classrooms, always use the provided alcohol hand-sanitizer to **sterilize** your hands.
- Use the provided disinfectant and paper towels to sterilize your desk.
- Do not sit at the desks marked with an "x."
- Always **wear a mask**. If taking physical education classes, please follow the instructor's directions.
- When **entering/leaving the classroom**, use your smartphone to **scan the QR code** posted on the wall and log in with your Tohoku University DCmail to check in/out of the room. You must register your temperature when entering the room. Please take your temperature in morning so you can register it.
- Please open the windows and doors to ventilate the rooms during the breaks. Ventilate the room periodically during the class too.
- Kawauchi Kita Campus rooms with electrical outlets (study rooms, common rooms, classrooms on the 2nd and 3rd floor of the Multimedia Education and Research Complex) are limited. Please fully charge your computer/devices at home.

- If your battery runs out even if you charge it at home, and you are taking classes in rooms other than those mentioned above, you can borrow an extension cable to charge your computer while taking class. Please inquire at the Educational Affairs Division.
- Classrooms will be left open when not in use. You can use these rooms to take online classes. Please check the General Education website or bulletin boards before using a room. **Information on empty rooms** will be posted there.
- To avoid audio feedback when taking online classes, please use headphones and keep your microphone muted when not speaking.
- The terminals in the ICL room on the 1st floor of the Multimedia Education and Research Complex can be used to take online classes when the room is not in use. You can check the room's availability and usage rules on the whiteboard in the room.

About using classrooms for classes that require real-time speaking:

If you are taking a language class etc. that requires you to speak in real time, please use **the room reserved for that class**. Please sit at least one desk apart from other students.

If all the seats in the reserved room are full, you can use **M206** on the 2nd floor of the Multimedia Education and Research Complex. Please practice social distancing in this room too.

3. Lunch

-Seating in campus Co-op facilities has been reduced, so it will probably be full during the lunch hour. Classrooms will be open during the lunch break. You can bring a lunch from home, or buy something at a convenience store, and eat in one of the classrooms. Please help us reduce crowding at Co-op facilities by avoiding peak hours.

-You will have to remove your mask to eat, which increases your risk of COVID-19 infection. Please avoid talking while eating. Wait to chat until after you have eaten and put your mask on again.

4. Other

-We ask that you please install the (COCOA) COVID-19 Contact-Confirming Application on your smartphone/device. For details, see the below URL.

<https://www.bureau.tohoku.ac.jp/covid19BCP/publichealth.html>

Academic Affairs Division
(Last Updated: May 2021)

Health Check List

Name () Faculty/ Department () Student ID no./ Employee ID no. ()

Check your body temperature twice a day and circle your answer of the following symptoms.

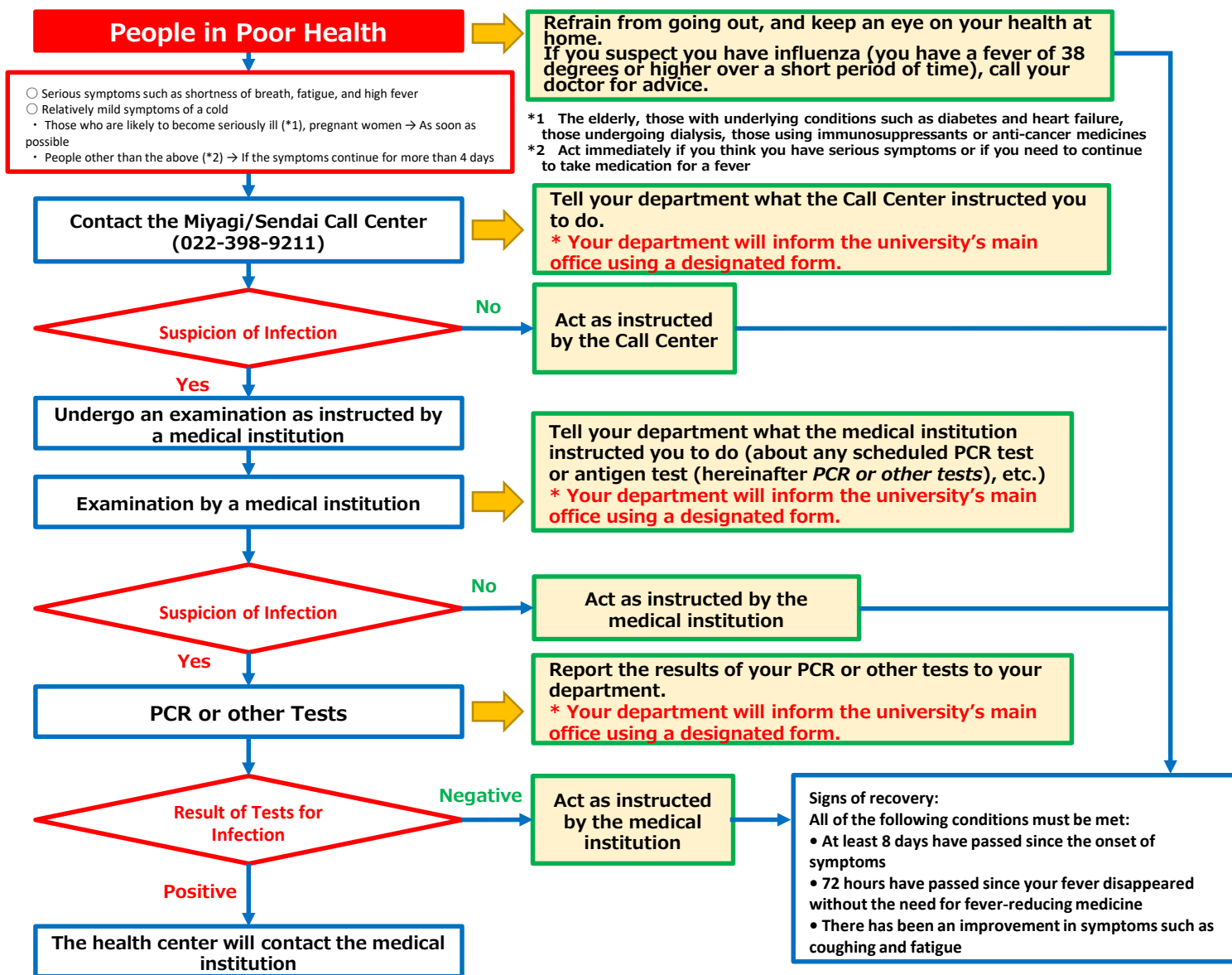
1st week

| Date | | / () | / () | / () | / () | / () | / () | / () |
|------|---------------------|----------|----------|----------|----------|----------|----------|----------|
| AM | Body temperature | °C | °C | °C | °C | °C | °C | °C |
| | Cough/Sputum | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Shortness of breath | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Sore throat | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Runny nose | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Muscle aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Head aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Diarrhoea/Nausea | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Loss of Taste/Smell | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Other symptoms | | | | | | | |
| PM | Body temperature | °C | °C | °C | °C | °C | °C | °C |
| | Cough/Sputum | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Shortness of breath | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Sore throat | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Runny nose | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Muscle aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Head aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Diarrhoea/Nausea | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Loss of Taste/Smell | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Other symptoms | | | | | | | |

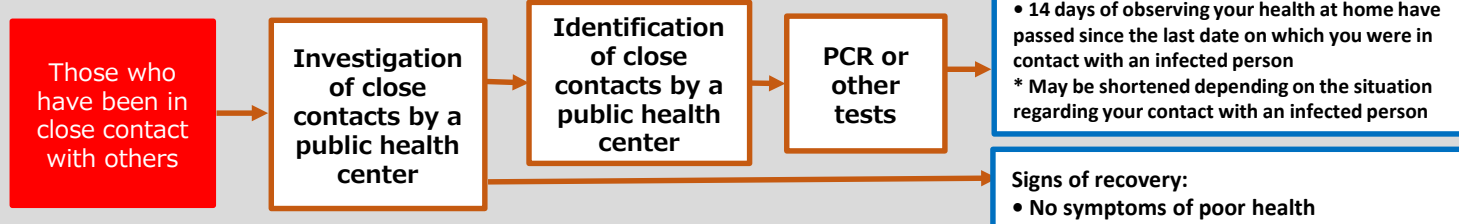
2nd Week

| Date | | / () | / () | / () | / () | / () | / () | / () |
|------|---------------------|----------|----------|----------|----------|----------|----------|----------|
| AM | Body temperature | °C | °C | °C | °C | °C | °C | °C |
| | Cough/Sputum | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Shortness of breath | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Sore throat | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Runny nose | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Muscle aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Head aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Diarrhoea/Nausea | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Loss of Taste/Smell | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Other symptoms | | | | | | | |
| PM | Body temperature | °C | °C | °C | °C | °C | °C | °C |
| | Cough/Sputum | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Shortness of breath | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Sore throat | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Runny nose | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Muscle aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Head aches | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Diarrhoea/Nausea | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Loss of Taste/Smell | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| | Other symptoms | | | | | | | |

Flow Chart of Measures to Combat the Spread of the New Coronavirus (for those in poor health)



For those who have been in close contact with others



Situations in which you are considered to have been in close contact with others:

- ① If you were in close contact with a person confirmed to be infected within the 2-day period before they displayed symptoms and your hands made contact and you had not taken the necessary preventive measures.
- ② If you were positioned face to face within an arm's length (about 1 m) for 15 minutes or more.
- ③ If you have been in the same buildings or areas (the same rooms) as the infected person, and you have used the same shared equipment (PCs, tables, sofas, pots, refrigerators, remote controls, etc.). The pertinent timeframe is from two days before the appearance of their symptoms until three days after they last came to work (or until the shared equipment is sterilized).

* Neither those who are being checked by the health center as to whether they are close contacts nor those who have been identified as not being close contacts are guaranteed to be completely clear of infection.

Aside from not going out for unnecessary and non-urgent reasons, etc., to prevent others from becoming infected, those who are being checked as to whether they are close contacts should keep an eye on their own health at home until they have been cleared, and those who have been identified as not being close contacts should keep an eye on their own health for 14 days from the date of their last contact with an infected person.

* The above flow chart is mainly to show you how to respond when you are in poor physical condition, and does not apply if you have taken a PCR test, etc. in connection with your work or other functions.

* If you receive a notification from the COVID-19 Contact-Confirming Application (COCOA) that you may have come into contact with someone who has tested positive for COVID-19, please make contact immediately with a consultant as instructed by the app.