

Let's Start a New Campus Life!

- Manual for Preventing the Spread of COVID-19 (Ver. 4)

June 15, 2020 (1st edition)

September 16, 2020 (2nd edition)

April 13, 2022 (3rd edition)

June 1, 2022 (Ver. 4)

Ritsumeikan University

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Introduction

Ritsumeikan University continues striving to advance its education, research and student activities, while taking thorough measures to prevent the spread of infection and reconciling itself to coexisting with the novel coronavirus, to ensure that its students can lead a fulfilling campus life.

Our Ver. 4 of Manual for Preventing the Spread of COVID-19, titled “Let’s Start a New Campus Life!” has been created to raise awareness and inform students (undergraduate and graduate) about infection prevention measures necessary to ensure a safe and fulfilling campus life. We have revised this manual in accordance with the changes to the basic prevention measures based on the new level classifications set by the national government and the revised Ritsumeikan University Action Guidelines (BCP (revised December 15, 2021)).

In addition, because the government has switched to concentrating on identifying close contacts within the same household at high risk of infection and hospitalized patients and residents at high risk of serious illness, it is no longer possible to identify other close contacts, so the university must now use its own judgment in identifying close contacts (“Concerning the Identification of Close Contacts Where Infections Have Occurred, Restrictions on Behavior, and Implementation of Active Epidemiological Surveillance based on the Characteristics of the Omicron Strain while it Remains the Dominant Strain” (2022.3.16 Ministry of Health, Labour and Welfare notification). To this end, the Medical Service Center has taken the lead in consolidating infection reports in order to promptly and smoothly identify quasi-close contacts at Ritsumeikan University and prevent the spread of infection (“Ritsumeikan University's Response Concerning the Identification of Close Contacts, Restrictions on Behavior, and Implementation of Active Epidemiological Surveillance based on the Characteristics of the Omicron Strain while it Remains the Dominant Strain” (2022.3.13 Executive Board of Trustees)), and based on this, it has revised this manual.

We urge that you read this Manual thoroughly and each of you take measures that you can. Let us all start a new campus life by implementing measures to prevent infection to make your student life more enjoyable and fulfilling. Thank you for your understanding and cooperation.

1. Basic Measures

Each of us is required to practice a “New Campus Lifestyle” in which it is vital that everyone strictly adhere to basic rules for preventing the spread of COVID-19 (i.e., properly wearing a mask, striving for Zero C, physical distancing, washing and disinfecting your hands, and gargling).

It is essential that everyone behaves responsibly “to avoid getting infected” and “not to transmit infection to others” as a means to protect themselves, someone they love, and the society.

(1) Preventing droplet infection – wearing a mask is very important

- Ritsumeikan University requires everyone who enters the campus to wear a mask while

commuting to campus and while staying on campus (except when eating, drinking or exercising).

* You need to bring your own mask as a basic rule, but if your mask has been damaged, polluted or lost after entering the campus, you will be able to get a new one at Administrative Offices and Manabi Stations.

[Points to note about wearing masks]

■ Please wear your mask properly. You are urged to wear nonwoven masks as they are more effective at preventing the spread and inhalation of droplets. If you wear your mask with your nose sticking out, you can end up inhaling droplets, so make sure you properly wear your mask covering both your nose and mouth and leaving no gaps.

■ Individuals who have difficulty wearing a mask due to hypersensitivity or other reasons shall consult the Office of Student Affairs. Depending on the situation, such individuals may be asked to carry a card noting the difficulty of wearing a mask, or to use a face shield or a fan-shaped mask, instead. Students are asked to show understanding about the fact that wearing a mask can be difficult for some people.

■ Ritsumeikan University has established the “Rules for Mask Wearing” which require all students, faculty, staff and visitors to wear a mask while on campus. Based on this provision, when a person is having a conversation or a chat without wearing a mask on campus, faculty or campus staff members may remind that person to wear a mask, as necessary.

(2) Preventing contact infection – making sure to wash your hands

○ Alcohol disinfectants are placed at building entrances and locations where people gather. Be sure to wash your hands properly and disinfect your hands and fingers frequently.

* Make sure to bring a clean towel or handkerchief.

(3) Taking temperature - take your temperature before leaving home

○ Take your temperature to see if you have a fever (*) before leaving home to attend school, and check whether you are experiencing symptoms including shortness of breath (difficulty breathing), a strong feeling of weariness (fatigue), headache, sore throat, runny nose, nasal congestion, or altered sense of smell or taste.

If you have any of the symptoms listed above, please do not come to campus and refrain from going out.

* Rough guide for having a fever is over 37.5°C or 1°C higher than your normal temperature.

* Please make use of the “Health Check Sheet” attached at the end of this document (provided by Ritsumeikan Medical Service Center).

■ Health Monitoring Sheet: Can be downloaded from the link below.

<http://www.ritsumei.ac.jp/mng/gl/hoken/doc/selfhealthchecksheet.pdf>

* If you are accessing via a PC, you can open the file by clicking on the URL above while pressing the Ctrl key (the same applies hereinafter).

○ If you have any of the symptoms described above, refrain from coming to school or otherwise going out.

* If you are going to be absent from a face-to-face class held on campus, please contact the faculty or the College Administrative Office/Manabi Station. If you are going to be absent from extracurricular activities, contact the person in charge of the club.

○ If you have forgotten to take your temperature before leaving home, there are thermometers available at the cafeteria and Manabi Stations, so please use them for self-health checks.

○ In case that your fever is over 37.5°C after coming to campus,

- ① Please go home as soon as possible and stay at home. Take your temperature
- ② If you are worried about your sickness or hope to consult a doctor and get medicines, please call medical clinic nearby or Ritsumeikan University Medical Service Center. Check “1(7) What should I do when...?- medical consultation” in this manual for details.

(4) Recording your action history (who you met, when, where and what you did) – using the Activity Record Sheet

○ In the event that you got infected yourself, were identified as a “close contact” of an infected person, or someone close to you got infected, it is important to have kept a detailed record of your action history including who you met, when, where and what you did. Utilize the Action History Table attached to this document to keep an action history.

○ The Action History Table is for your own self-check purposes. You will not be asked to submit it, so please keep as detailed a record as possible. In the event that you got infected or became a “close contact,” the public health center or University staff may conduct an interview, for which you can use the Action History Table.

■ Activity Log

<http://www.ritsumei.ac.jp/file.jsp?id=469813&if=.xlsx>

(5) Knowing the possibility of infection as soon as possible -Let's use COVID-19 Contact-Confirming Application (COCOA)!

○ You are requested to install COVID-19 Contact-Confirming Application (COCOA) released by the Ministry of Health, Labour and Welfare (MHLW) to receive alert as soon as possible when you have potentially been infected.

* This application sends a notice to users when the user has potentially been in contact with a person who is COVID-19 positive to alert users of the possibility of infection as soon as possible. Information

that will lead to the identification of an individual or information on the relation between the infected person and the contact (the person who receives notice of potential contact) will not be recorded in the application to ensure the protection of privacy.

* If a person who has been confirmed as COVID-19 positive is registered on the application as a positive person (upon his/her consent), individuals who have potentially been roughly within 1 meter from the positive person for a period over 15 minutes in the past 14 days will be notified of the possibility of infection. When persons who received the notice selects his/her health conditions from a list of symptoms, contact information of Returnees & Contact Persons Consultation Centers and advice on receiving a screening will be displayed.

* If you receive this notification, please refrain from coming to campus and receive a screening or respond otherwise as advised by the application.

* If you are confirmed as COVID-19 positive, please contact the University according to “(6) If you are informed that you are infected or suspected to be infected...!”.

■ About COCOA (contact tracing app)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00138.html

* Please search in App Store or Google Play by entering “contact-confirming application” and install.
Google Play

<https://play.google.com/store/apps/details?id=jp.go.mhlw.covid19radar>



App Store

<https://apps.apple.com/jp/app/id1516764458>



○ We also recommend you to utilize applications of contact tracing systems provided by municipalities.

Shiga Prefecture: Official LINE account “Shiga Prefecture – personal support on countermeasures against COVID-19”

<https://www.pref.shiga.lg.jp/ippan/kurashi/ict/310749.html>

Kyoto Prefecture: Kokotoro – Kyoto Prefecture COVID-19 Emergency Contact Service

<https://www.pref.kyoto.jp/kikikanri/coronakinkyurenaku.html>



Osaka Prefecture: Osaka COVID-19 Tracing System

http://www.pref.osaka.lg.jp/smart_somu/osaka_covid19/index.html

(6) If you are informed that you are infected or suspected to be infected...!

Please notify the university immediately if a medical institution has told you that you have been infected with COVID-19, or if someone you live with (family member, roommate, etc.) has been infected, and you have been instructed by said medical institution or a public health center to isolate.

Reporting method

■ Ritsumeikan Medical Service Center

<http://www.ritsumei.ac.jp/health/>

Search from the top page menu

■ If you have been diagnosed as having COVID-19 or have been identified as a close contact

http://www.ritsumei.ac.jp/health/coronavirus_infection/

(1) Use Microsoft Forms to file an infection or close contact report.

Make sure you have the following information on hand when filing your report.

If you have been diagnosed as having COVID-19

- ① Full name, name of college or graduate school, student ID number, date of birth
- ② Status of participation in extracurricular activities
- ③ Type of test, date of onset (when symptoms began), and symptoms
(or the date of test for asymptomatic persons)
- ④ Activity history before and after the date of onset
- ⑤ All contacts starting two days before the day of onset (or the date of the test for asymptomatic persons) until the last day you were on campus
- ⑥ COVID-19 vaccination history
- ⑦ Contact information, telephone number
- ⑧ Required information if you are a boarding student and wish to receive food aid

If you have been identified as a close contact of a COVID-19 patient

- ① Full name, name of college or graduate school, student ID number, date of birth
- ② Activity history including contact with the infected person, date of contact with close contacts, date of last contact

- ③ Relationship with the infected person
- ④ Your current physical condition
- ⑤ Contact information, telephone number
- ⑥ Required information if you are a boarding student and wish to receive food aid

* The Ritsumeikan Medical Service Center will contact you by phone (weekdays only) if there are any questions regarding the information you have entered.

- If you belong to a student organization, promptly notify the supervisor in the Student Office yourself or have the head of the organization do so on your behalf using the Microsoft Forms sheet. (For athletic clubs, please notify the Center for Athletics & Sport Services.) If you live in an international dormitory, promptly notify the supervisor in the Center for International Education using the Microsoft Forms sheet.

(2) If you require special considerations for classes

■ Submit an application via the Learning Support Portal Site.

<http://www.ritsumei.ac.jp/pathways-future/course/absence.html/>

→ Please read the document entitled “Special Considerations for Classes due to COVID-19.”

If you are confirmed to be infected or identified as a “close contact” of an infected person, your attendance will be suspended for a given period. Suspension of attendance is not the same as an “official absence,” but the university will suspend your attendance based on Article 19 of the School Health and Safety Act. (*2)

a) Number of days infected persons should not attend classes

If you have symptoms: Counting the date of onset as Day 0, 10 days thereafter and 72 hours after symptoms disappear

If you are asymptomatic: Counting the test date as Day 0, 7 days thereafter

b) Number of days close contacts (*1) should not attend classes

If you are identified as a close contact, even if your PCR test results are negative, you will be required to stop attending class (i.e., stay at home and observe your health) for seven days from the day after Day 0, where Day 0 is the last day you were in close contact with an infected person.

*1: If the public health center does not identify you as a close contact, you may be identified as a semi-close contact in the following cases.

- 1) In the event of infection among students living communally in student dormitories, at retreat venues, etc.
- 2) In the event that a participant in an extracurricular activity (run by a university-recognized organization) becomes infected
- 3) In the event of eating, drinking, talking, and/or engaging in prolonged activity without wearing a mask with more than one person, including the student who tested positive
- 4) When there is close contact equivalent to contact within the same household, such as being in a relationship or sharing lodging with a student who has tested positive

The Medical Service Center that received the report will determine semi-close contacts. Contacts will be notified about how many days they should not attend class (*2). Students who have been notified should file a report as if they were a close contact.

*2: If symptoms arise during the isolation period, please seek medical treatment and/or testing at a medical institution as soon as possible.

<Public announcement in case a university constituent (student, faculty or staff member) becomes infected>

○ When it is confirmed that a constituent of Ritsumeikan University (student, faculty or staff member) has been infected with COVID-19, we announce the minimum necessary facts based on the consent of the individual in question, from the perspective of preventing the spread of infection, while paying due consideration of protection of personal information.

* Anyone can contract COVID-19 anywhere. Becoming infected is not the responsibility of the infected person. We do not tolerate any abuse or defamation against infected individuals. We ask everyone to have an understanding of and give consideration to respecting the human rights and protecting personal information of infected persons and their families.

* Ritsumeikan University has issued the Statement Against the Discrimination of Persons Infected with COVID-19 (September 1, 2020) by the name of Yoshio Nakatani, Chancellor of the Ritsumeikan Trust and President of Ritsumeikan University.

<http://www.ritsumei.ac.jp/news/detail/?id=1835>

(7) What should I do when...? – medical consultation

■ Be sure to use the Health Monitoring Sheet to measure your temperature and observe whether you have developed any symptoms.

<http://www.ritsumei.ac.jp/mng/gl/hoken/doc/selfhealthchecksheet.pdf>

- If you have a fever, cough, fatigue, sore throat, headache, or other symptoms, please be sure

to rest.

- If you developed even the slightest of cold symptoms, please consult with a medical institution that treats and tests COVID-19 before getting tested.

Contact a medical institution for a consultation before getting a test.

■ Information on medical facilities offering treatment and testing in the three prefectures (Kyoto, Shiga, Osaka)

Kyoto: https://www.pref.kyoto.jp/kentai/corona/shinryo_kensa.html

Shiga: <https://www.pref.shiga.lg.jp/ippan/kenkouiryohukushi/iryo/314835.html>

Osaka: <https://www.pref.osaka.lg.jp/iryo/osakakansensho/sinryokensa.html>

○ Ritsumeikan Medical Service Centers will also accept phone consultations (Weekdays 9:30 - 17:00).

Medical Service Center (Kinugasa)	075-465-8231
Medical Service Center (BKC)	077-561-2635
Medical Service Center (OIC)	072-665-2110

■ Ritsumeikan Medical Service Center homepage

<https://secure.ritsumei.ac.jp/health/>

2. To Enjoy Our Campus Life – Let's start a new lifestyle together

(1) Measures taken by the university to prevent infection

■ Ritsumeikan University Action Guidelines in Response to the COVID-19 Outbreak (Business Continuity Plan: BCP)

○ At Ritsumeikan University, we have formulated the “Ritsumeikan University Action Guidelines in Response to the COVID-19 Outbreak (Business Continuity Plan: BCP)” which sets six Activity Restriction Levels (Level 0 – 5), each level outlining the level of restrictions imposed on classes, research and self-directed extracurricular activities based on the status of infection in the area where the campus is located as well as requests for university closure issued by the national and/or local governments. Depending on the Activity Restriction Level, classes may be held mostly using multimedia tools and extracurricular activities restricted to prevent the spread of infection. We ask for your understanding and cooperation.

* “Ritsumeikan University Action Guidelines in Response to the COVID-19 Outbreak (Business Continuity Plan: BCP)” (Revised: December 15, 2021)

<http://en.ritsumei.ac.jp/file.jsp?id=459354&if=.pdf>

■ The basics for preventing infection

○ In addition to the basic measures to prevent infection (1. ensuring physical distance, 2. wearing a mask, and 3. washing your hands) recommended by MHLW in their “New Lifestyle” guidelines and efforts to maintain Zero C (i.e., avoiding any and all of the Three Cs (closed spaces, crowded places, and close contact settings)), we will be taking every measure possible to ensure the safety and peace of mind of our students, faculty, and staff in the classroom and their lives on campus.

[Requests to all students, faculty, staff and visitors]

- Take thorough actions to ensure you do not get infected and do not infect others.
- Wear a mask.
- Properly wash your hands and disinfect your hands and fingers (Alcohol disinfectants are placed at locations where people gather).
- Take your temperature before leaving home and refrain from going out if you do not feel well.
- A thermal camera will be installed at cafeterias and student contact windows where many people gather.



(Check your temperature with a thermal camera)

■ Measures to prevent infection during face-to-face classes

- Faculty should wear a mask (may use mouth shields or face shields as necessary).
- College and graduate students may also be requested to wear face shields depending on the contents of the class.
- Maintain physical distance as much as you can between yourself and others in the classroom.
- A transparent sheet will be installed in front of the faculty's desk in all classrooms (measures to prevent the spread of droplets and ensure social distance during question-and-answer sessions).
- Items of communal equipment (e.g., handrails, door knobs, power switches) will be regularly disinfected.



(A transparent sheet to prevent droplet infection installed in front of the faculty's desk in all classrooms)

■ Ventilation

- (1) Mechanical ventilation and (2) natural ventilation by opening windows (for several minutes once every 30 minutes in classrooms) will be carried out as recommended by MHLW.
- Classroom windows and entrance doors may be left open during class for ventilation purposes. College and graduate students may be asked to lend a hand with opening and closing of the windows. Circulators may be used depending on the structure of the classroom.

■ Measures to be implemented at cafeterias

- Awareness raising to ensure proper hand-washing and disinfection of hands and fingers before using the cafeterias
- Temperature check before using cafeterias (A thermal camera will be installed at the entrance of cafeterias.)
- All seats will be partitioned with a panel to prevent droplet infection so that diners can eat with peace of mind.
- The cafeteria staff will check their health condition every day and wear a mask when serving customers.
- Thorough ventilation and social distancing will be ensured. Use of communal equipment such as water dispensers and tea dispensers will be suspended to prevent infection.
- Tables and chairs are to be sanitized twice daily.
- There will be times when entry will be limited due to crowded conditions. We ask for your understanding and cooperation.

(Infection prevention measures taken at the cafeteria)

■ **Measures to be implemented during extracurricular and self-directed activities**

○ At Activity Restriction Level 2 as specified in the “Ritsumeikan University Action Guidelines in Response to the COVID-19 Outbreak (BCP),” only those clubs deemed as able to thoroughly enact infection prevention measures will be allowed to undertake normal extracurricular and self-directed activities in accordance with the guidelines issued by relevant associations. Resumption of limited activities will be permitted on a case-by-case basis, based on the submitted activity plan and by conducting interviews. Face-to-face activities including regional exchange events, competitions and camps held in a physical format will only be permitted to organizations that have obtained permission for resuming limited activities, based on prior application.

○ We understand that many of you students have been feeling anxiety and stress under this situation where you cannot engage in the activities in the way you used to before the outbreak of COVID-19. We can help bring an end to this situation if each one of us acts with awareness and responsibility. Please think over your behavior and adopt good and prudent practices to prevent the spread of infection, thoroughly avoiding the Three Cs (closed spaces, crowded places, and close contact settings) to prevent cluster infection. The Division of Student Affairs will work, together with students, to improve the environment and facilitate student activities.

<Points that the Division of Student Affairs will confirm with student organizations seeking to resume limited activities>

- (1) The organization is capable of continuously monitoring and reporting the health conditions of its members over a certain period (14 days or more). It can promptly detect any signs of deterioration of health conditions of its members and prevent unwell members from participating in the activities.
- (2) All participating members can strictly adhere to specific infection prevention rules for eating, going out and socializing, not only during the activity but in everyday life as well. (The rules will be separately presented.)
- (3) Members are aware of the risks involved in resuming activities when the COVID-19 pandemic has not yet been brought under control, and on the other hand, understand the purpose of why the University will permit the resumption of such activities. Members can explain why they will need to limit their activities in terms of the number of participants, venue, time, and format.
- (4) Members can collaborate effectively with the faculty member (if an advisor, director or deputy director has been appointed) or activity instructor, and the chain of commands is clear within the organization (quick response system is organized so that the activity suddenly can be called

off in cases of emergency).

- (5) If the organization needs to use external facilities, it must adhere to the policies of the facility operator.
- (6) The organization is required to draw up and submit a plan for preventing infection based on the characteristics of the activity, to ensure that it can continue to comply with the above points.

(2) Let's follow these precautions! – for a safe life on campus

■ Precautions when commuting...

- ☐ Walk or cycle to campus if possible.
- ☐ If you are going to use public transportation, i) be sure to wear a mask, ii) refrain from talking to people, and iii) avoid traveling at peak times as much as possible.

■ Precautions while on campus...

- ☐ Be sure to wear a mask.

Ritsumeikan University requires everyone to wear a mask while on campus. When a person is having a conversation without wearing a mask on campus, faculty or campus staff members may remind that person to wear a mask. We ask for your understanding and cooperation. If your mask has been polluted, damaged or lost after entering the campus, you will be able to get a new one at the College Administrative Offices or Manabi Stations.
- ☐ Wash your hands properly and disinfect your hands and fingers frequently.
- ☐ Strive for Zero C: Avoid any and all of the “Three Cs.”

■ In face-to-face classes...

- ☐ Be sure to wear a mask.

(Students may be requested to wear a face shield instead.)
- ☐ Students should be seated at a certain distance from each other.

(If you receive instructions about where to sit or if your seat has been specified, please follow those instructions.)
- ☐ Please cooperate when ventilating classrooms (opening windows and/or doors).

■ At the cafeteria ...

- ☐ Be sure to wash your hands properly and disinfect your hands and fingers before and after using the cafeterias.

Alcohol disinfectants to disinfect hands and fingers will be placed at the entrance of cafeterias.
- ☐ Check your temperature before using cafeterias. A thermal camera will be installed at the entrance of cafeterias. If you have a fever (37.5°C or higher), consult your primary care doctor, nearby

hospital or the Medical Service Center via phone in accordance with the instruction on the bulletin board.

- ☐ Ensure social distance between users.
- ☐ Wear a mask unless you are eating or drinking.
- ☐ Leave immediately after you finish your meal.
- ☐ Please refrain from talking while you are eating.

■ Use of University facilities

- ☐ Properly wash your hands and disinfect your hands and fingers before and after using university facilities.
- ☐ Be sure to wear a mask when using university facilities.
- ☐ Refrain from talking loud or conversing without wearing a mask.

<At the restroom>

- ☐ Make sure to wash your hands properly with running water and hand soap after using the toilet.
Take about 30 seconds for effective cleaning.
- ☐ Flush a toilet after shutting the seat cover.
If there is a seat cover at a Western style toilet, please shut the cover when flushing a toilet to prevent droplets from scattering.
- ☐ Make sure to bring your own towel or handkerchief.

<At seminar houses, field houses, and international dormitories>

- ☐ Do best to ensure social distance, hand washing and avoidance of the “Three Cs.”
The risk of infection is particularly high when living spaces are shared. Care should be exercised to ensure social distance, proper hand washing and disinfection of hands and fingers, and avoidance of the “Three Cs.”
- ☐ Refrain from eating and drinking while socializing.
The risk of infection is said to be high when you eat and drink while socializing or engaging in recreation. Please refrain from such activities.
- ☐ Temporary users are asked to take their temperature upon check-in. We may decline your use if you have a fever. We ask for your cooperation and understanding in advance.
- ☐ As for use conditions or limitations to the use of lounges, common rooms and kitchen, please adhere to the instructions of the facility manager.
- ☐ The number of people who can stay in multiple bedded rooms may be limited.

<At athletic facilities, gyms (including the changing rooms), studios and halls>

- Use will only be permitted to students and organizations who have prior permission. We ask for your cooperation and understanding in advance.
- Ensure social distance.
Regardless of the type of physical activity or sport, maintain distances (roughly 2 meters) from those nearby, even when not engaged in said activity or sport.
- The number of users may be limited as needed to avoid crowding (particularly in changing rooms and rest areas).
- When admitting spectators, ensure there is sufficient space between individuals, so they are not crowded together. Furthermore, make it known that people should not cheer in loud voices, refrain from conversation, and wear masks when talking.
- When holding any type of sports competition, refer to the guidelines established by central sports associations and take the actions required.
- Bring your own drink bottle.
Water dispensers will be replaced with water stands. Bring your own bottle and do not share drinks with other people.
- Limit the number of training machines/equipment you use and disinfect each machine/equipment with alcohol after use.

■ **Actions to avoid clusters (group infection): Striving for Zero C**

- Avoid any and all of the “Three Cs” (closed spaces, crowded places, and close contact settings).
Group infections tend to occur where some or all of following conditions are present: closed spaces with poor ventilation; crowded spaces; and close contact settings where unspecified persons can come in contact with each other. Strive to maintain Zero C by avoiding
- Each one of you is requested to avoid venues conducive to the “Three Cs” as much as possible.
When it is unavoidable, protect yourself and others by wearing a mask, ventilating, avoiding loud talking, and avoiding conversations at close distance within an arm’s reach.
- Refrain from having a meal with persons other than your family as much as possible.
Avoid eating and drinking with friends or conversing without wearing a mask, regardless of on or off the campus. Avoid eating and drinking with persons other than your family, particularly at places said to be prone to cluster infection (e.g. karaoke rooms, theaters, clubs with live music, pubs, and bars), as much as possible.

(3) Let’s think about our situation! – Awareness required of Ritsumeikan University students

- We believe many of you undergraduate and graduate students are doing what you can do in your daily life to prevent the spread of COVID-19. However, your friends may ask you to go out with them, or you may join an event without realizing that the event is conducive to the “Three Cs,” and as a

result, unknowingly transmit the virus to others. We urge each of you to face the situation sincerely and act with awareness and responsibility as a member of society.

Attachment 1

健康観察用紙 Health check sheet

学生/教職員証番号

Student ID/Faculty and Staff ID

学部/所属部課

Department/Affiliation

氏名

Name

年齢

Age

	月/日 M/D	/	/	/	/	/	/	/	/	/	/	/	/	/	/
朝 a.m.	体温 Body temperature	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
	鼻汁 Nasal congestion	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	咳 Cough	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	痰 Phlegm	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	息切れ Shortness of breath	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	発疹 Rash	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	その他 Other														
夕 p.m.	体温 Body temperature	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
	鼻汁 Nasal congestion	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	咳 Cough	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	痰 Phlegm	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	息切れ Shortness of breath	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	発疹 Rash	+	-	+	-	+	-	+	-	+	-	+	-	+	-
	その他 Other														

※ 発熱等の風邪症状が見られるときは、大学を休み外出を控えて下さい。また、毎日、体温を測定し、症状と共にこのシートに記録して下さい。

※ In the event you develop a fever, or other cold-like symptoms, please do not come to the university and stay home/dom.

※ 以下のいずれかに該当する場合は、帰国者・接触者相談センターにご相談下さい。

風邪の症状や37.5度以上の発熱が4日以上続く方(解熱剤を飲み続けなければならない方も同様です。)

強いだるさ(倦怠感)や息苦しさ(呼吸困難)がある方

※ Please call "Japan Visitor Hotline" when you have following symptom.

・The symptom of the cold and more than 37.5°C of fever continuing for more than 4 days.

(Including for those who need to keep taking an antipyretics.)

・Strong lassitude (fatigue) and oppressiveness (difficulty in breathing)

【帰国者・接触者相談センター】

京都市 075-414-4726 (24時間)

滋賀県 080-2470-8042 (24時間)

大阪府 06-6944-8197 (9時~18時)

【問い合わせ先】

衣笠保健センター(志学館1階) 外線 075-465-8232 内線 511-2136

B K C 保健センター(ウエストウイング1階) 外線 077-561-2635 内線 515-7971

O I C 保健センター(A S 1階) 外線 072-665-2110 内線513-2357

【Japan Visitor Hotline】

English, Chinese, Korean

050-3816-2787 (24 hours a day, 365 days a year)

【Contact】

Medical Service Center (Kinugasa) Tel: 075-465-8232

Medical Service Center (BKC) Tel: 077-561-2635

Medical Service Center (OIC) Tel: 072-665-2110

[illegible]

WITH CORONA

Start a New Campus Life

新しい
キャンパスライフを
はじめよう！

マスクの着用
Wear a mask



手を洗う
Wash your hands



食事中的
会話は控えて
Refrain from talking while eating



密閉は避ける
Avoid closed spaces



密集は避ける
Avoid crowded places



密接は避ける
Avoid close-contact settings



出かける前に
体温測定
Take your temperature before
leaving home



大声を出さない
Keep your voice down



接触確認アプリを
利用する
Use a contact-trading app



R RITSUMEIKAN
UNIVERSITY

新しいキャンパスライフをはじめよう！－実践例－

1 一人ひとりの基本的感染対策

感染防止の3つの基本：①身体的距離の確保 ②マスクの着用 ③手洗い

- ☐ 人との間隔は、できるだけ2m(最低1m)空ける
- ☐ 会話をする際は、可能な限り真正面を避ける
- ☐ 外出時や屋内でも会話をするとき、人との間隔が十分とれない場合はマスクを着用する
- ☐ 家に帰ったらまず手や顔を洗う
- ☐ 手洗いは30秒程度かけて水と石けんで丁寧に洗う(手指消毒薬の使用も可)

マスクの着用



移動に関する感染対策

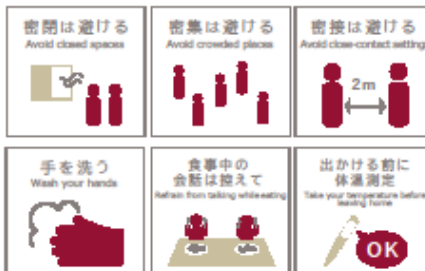
- ☐ 感染が流行している地域からの移動、感染が流行している地域への移動は控える
- ☐ 発症したときのため、誰とどこで会ったかをメモにする。接触確認アプリの活用も
- ☐ 地域の感染状況に注意する

接触確認アプリを利用する



2 日常生活を営む上での基本的生活様式

- ☐ まめに手洗い・手指消毒
- ☐ 咳エチケットの徹底
- ☐ こまめに換気(エアコン併用で室温を28℃以下に)
- ☐ 身体的距離の確保
- ☐ 健康状態に応じた運動や食事、禁煙等、適切な生活習慣の実行
- ☐ 毎朝の体温測定、健康チェック
- 発熱又は風邪の症状がある場合はムリせず自宅で療養
- 登校した後に発熱や体調不良等の症状が出たら、かかりつけ医、または保健センターにまずは電話で相談



3 各場面別のキャンパスライフ

教室等の利用について

- ☐ キャンパス内では必ずマスクを着用する
- ☐ 一定の間隔がとられた座席を使用する
- ☐ 教室の換気(窓開け・ドア開けなど)に協力する

食堂などの施設の利用について

- ☐ 食事の前に必ず手洗いをする
- ☐ 座席を十分な間隔を取り、対面にならないようにする
- ☐ 不要な会話は避けて、速やかに食事を摂る

課外自主活動について

- ☐ 対面による活動を再開するにあたっては、学生部に申請して許可を受ける(申請期限有)
- ☐ 学生部と確認した対応方針に従って活動する

諸施設の利用について

- ☐ 施設利用前後に手洗い、手指消毒をする
- ☐ 利用時は必ずマスクを着用する
- ☐ 大声を出すことやマスクをはずしての会話は控える
- ☐ 「3密」を避ける

通学時における注意事項

徒歩や自転車等による通学を推奨する

公共交通機関を利用せざるを得ない場合

- ☐ 必ずマスクを着用する
- ☐ 人との会話は控える
- ☐ 可能な限り混雑時間を避ける

大声を出さない



4 とくに学生みなさんに考えてほしいこと

- ☐ 多くの学生・院生の皆さんは、「3密」の発生しやすい場所に参加してしまう等により、知らないうちに感染を広げてしまうことがあるかもしれません。学生・院生の皆さん一人ひとりが自分事としてこの状況に向き合い、責任と自覚をもった行動を取るよう心がけましょう。また、家族以外との飲食、特にクラスターが発生しやすいと言われていた場所(カラオケ、劇場・ライブハウス、スナック・パブ、居酒屋等)の利用はできるだけ控えるようにしましょう。

感染予防
ガイドライン



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