

Shinshu University COVID-19 Alert Levels

This chart indicates how University policies change in response to shifts in the local COVID-19 infection rates. The information given is a guide to the changes that can be expected in the organization of classes and in the kinds of activities which will be permitted at the different alert levels.

Please check for updates to this guide on the University website ---->>> <https://www.shinshu-u.ac.jp/english/information/2021/03/information-regardin-1.html>

In addition to this guide, the government requirements must be always complied with.

* The row highlighted in red indicates the current level of alert.

Level	Rates of infection	Research activities, including research instruction	Classes (Lectures, Training, Experiments)	Extracurricular Activities	Use of Facilities (incl. Libraries for extramural students)	Business Travel and Travel	Entry restrictions, etc.	
1	CAUTION	Sporadic infections are occurring in members of the University and guidelines are being issued.	* Research staff and faculty are expected to follow the infection control guidelines.	* Classes will be conducted as shown on the timetable, with infection control measures in place.	* Participants are expected to follow the infection control guidelines.	* University facilities and Libraries will be available, with infection control measures in place.	* Members of the University who have scheduled non-urgent travel to countries where infections have been reported should reconsider their plans, and those already working or studying in such countries should consider returning to Japan. * Members of the University traveling overseas must notify the relevant University office.	* Anyone who has tested positive for COVID-19 should not enter the campus and should contact the University for instructions. * Anyone with a fever or other symptoms, and anyone who has been in close contact with an infected individual should contact the University and follow the instructions given. * Those coming into contact with the elderly and other high-risk groups, should be especially thorough in following infection prevention guidelines.
2	ALERT	Members of the University are being infected on a daily basis and more robust infection-prevention measures are being adopted.	* Researcher staff and faculty are expected to follow the infection control guidelines.	* Classes will be conducted as shown on the timetable, with infection control measures in place.	* Participants are expected to follow the infection control guidelines.	* University facilities and Libraries will be available, with infection control measures in place.	* Members of the University who have scheduled non-urgent travel to countries where infections have been reported should reconsider their plans, and those already working or studying in such countries should consider returning to Japan. * Travel to, and from, other prefectures in Japan will be permitted as long as basic infection control guidelines are adhered to. * Members of the University traveling overseas must notify the relevant University office.	* Anyone who has tested positive for COVID-19 or has a fever should not enter the campus and should contact the University for instructions. * Anyone who has been in close contact with an infected individual should contact the University and follow the instructions given. * Those coming into contact with the elderly and other high-risk groups, should be especially thorough in following infection prevention guidelines.
3	RESTRICTIONS	Large numbers of infections are occurring and strict guidelines have been introduced on campus.	* Research activities and instruction must be conducted with infection control measures in place. * Some members of the University will be asked to work or study from home.	* Face-to-face classes must be conducted with infection control measures in place. * Changes will be made to the timetable if necessary. * Classes will be conducted online wherever possible.	* The University permits on- and off-campus activities that do not entail a high risk of infection as long as infection control guidelines are followed and the use of poorly ventilated spaces is kept to a minimum.	* University facilities and libraries will remain available as long as infection control guidelines are followed and on the use of poorly ventilated spaces is kept to a minimum.	* Members of the University who have scheduled non-urgent travel to countries where infections have been reported should consider cancelling or postponing their trips, and those already working or studying in such countries should consider returning to Japan. * Travel to, and from, other prefectures in Japan will be permitted as long as basic infection control guidelines are adhered to. * Members of the University traveling overseas must notify the relevant University office.	* Health guidelines must be strictly adhered to. * Anyone who has tested positive for COVID-19 or has a fever should not enter the campus and should contact the University for instructions. * Anyone who has been in close contact with an infected individual should contact the University and follow the instructions given. * Those coming into contact with the elderly and other high-risk groups, should be especially thorough in following infection prevention guidelines.
4	FURTHER RESTRICTIONS	Large clusters of infected individuals are occurring on campus.	* Where possible, all members of the University should be working or studying from home. * Research activities continuing on campus must be conducted with infection control measures in place.	* Many classes will be conducted online. * Timetable changes are likely. * Some experiments, training, and tutorials will still be conducted on site (face-to-face) .	* Only activities for which permission has been given in advance will be permitted.	* In principle, University facilities will no longer be available. Where they do remain in use, it will be in cases in which there is no contravention of regulations and where no alternative is available. Infection control guidelines must be strictly adhered to. * Libraries will remain open, with infection control measures in place. However, restrictions will apply in the case of activities involving a high risk of infection.	* Members of the University who have scheduled non-urgent travel to countries where infections have been reported will be encouraged to cancel or postpone their trips, and recommendations will be made to those already working or studying in such countries to return to Japan. * Members of the University will be asked to reconsider or postpone non-urgent travel to areas of Japan with high rates of infection.	* Health guidelines must be strictly adhered to. Unnecessary or non-urgent trips should be postponed. * Anyone who has tested positive for COVID-19 or has a fever should not enter the campus and should contact the University for instructions. * Anyone who has been in close contact with an infected individual should contact the University and follow the instructions given. * Members of the University will be requested not to eat together in large groups or for an extended period of time. * Those coming into contact with the elderly and other high-risk groups, should be especially thorough in following infection prevention guidelines.
5	SUSPENSION OF ALL ACTIVITIES	The number of cases is so large that the University is no longer able to operate.	* In principle, all members of the University should be working or studying from home. * Where this is not possible, the number of teaching staff and students involved in an activity should be kept to an absolute minimum.	* All classes will be conducted online. * Timetable changes will be made in the case of experiments and practical training.	* All activities will be prohibited.	* Either not available; or * Where facilities do remain in use, it will be in cases for which permission has already been obtained, in which there is no contravention of regulations and where absolutely no alternative is available. Infection control guidelines must be strictly adhered to.	* Members of the University should reconsider/avoid all non-urgent travel.	* Anyone who has tested positive for COVID-19, or has a fever or has been in close contact with an infected individual should not enter the campus and should contact the University for instructions. * Health guidelines must be strictly adhered to and all trips should be postponed. * Eating or drinking in the company of people other than family members should be avoided. * No entry to University campuses except for teachers, staff or students whose presence is necessary for the continued operation of the University or research activities. * Those coming into contact with the elderly and other high-risk groups, should be especially thorough in following infection prevention guidelines.

* This guide does not apply to medical doctors and coronavirus researchers.

* Matsumoto Campus might adopt measures which differ from those taken by the University as a whole.

* The policies listed here may change in response to updates in the policies of the national or local government.