

2023 Academic Year Guidelines for Dormitory Students

October 2022

International Affairs Office

* The guidelines are subject to change depending on the pandemic situation.

(1) Health Management

- ① Bring your own Thermometer when you enter your dormitory.
- ② Take your temperature in the morning and record it on the Soka University Portal Site (PLAS). Students are also required to keep a record of the places they have gone.
- ③ Students must wear a mask when leaving their rooms, even in the dormitory. They should also be required to cover their coughs and sneezes with their hands. When they return dormitory from outside, before eating, and when handling food, after going to the bathroom, and after coughing or sneezing, they must wash their hands with soap.
- ④ In case of fever 37.3°C or higher or cold symptoms, contact the Health Center or International Affairs Office. Students are required to stay in their rooms and refrain from going out and attending classes for one week or the period the health center indicated. If the fever or the symptoms of cold persist, students must stay in the dormitory first aid room or the first aid building (separate building) under the supervision of the Health Center.

(2) Behavior to avoid “3Cs” (Closed spaces, Crowded places, Close-contact settings) in the dormitory

- ① Students may eat in the cafeteria or lounge at a limited time and place so as not to be crowded. We recommend students to eat in their own rooms. Do not share cutlery or towels with other students.
- ② In public areas in the dormitory, wearing a mask all the time, students must maintain a physical distance of at least 2 meters from other students. When talking with someone in public spaces, wearing a mask all the times, avoid eating or sharing meals.
- ③ Refrain from going out of the dormitory in big groups.
- ④ All dormitories will have the same curfew (23:00).
- ⑤ In case the student needs to do a part-time job, a previous consultation is necessary. If the student cannot keep the dormitory rules (such as returning to the dormitory before the curfew, going out even with a fever, etc) due to the part-time job, the student will be required to quit it. Therefore, please make sure to consult us before starting a part-time job.

(3) Cleaning, Disinfection and Ventilation of the Dormitory

- ① Regularly open the windows of the room for ventilation (every 1-2 hours for 5-10 minutes).
- ② Assign a person to be in charge of disinfecting common areas such as the cafeteria, lounge, multipurpose room, conference room, restroom, bathroom and shower room with alcohol once a day.
- ③ Place all trash that may contain runny nose, saliva, and others in a plastic bag, seal and tie it up tightly, and throw it away. The person collecting the garbage should wear a mask and gloves. After removing the mask and gloves, be sure to wash your hands with soap and running water to disinfect your hands.

International Student Dormitory Rules During COVID-19

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● Restrictions on going out

There is no limit to how far you can go outside. However, the following are examples of cases that are not allowed to go. Please observe the curfew when you go out. However please note that the restrictions may change depending on the pandemic situation.

【 Examples of unacceptable outings 】

- Restaurants that mainly serve alcoholic beverages such as izakaya and bars
- Going to karaoke by more than one person (Going by one person is permitted)
- Gathering at a friend's house with eating and drinking
- Other places where the risk of infection is considered to be high (enclosed space, crowded place, close scene)

● Limitation on the number of people eating out

There might be a situation where we need to limit the number of people eating out together. Currently, the number of people allowed to have dinner outside the campus is limited to four. However, please make sure to wear a mask when talking with others. In addition, please avoid restaurants that 3Cs(=closed spaces, crowded places and close-contact settings) may occur. Please keep in mind that, as stated in the restrictions on going out above, gatherings involving eating and drinking at friends' homes are not allowed regardless of the number of people in

the group.

● **Overnight stays**

Overnight stay is not allowed in principle.

In order to protect yourself, your friends and others, we ask for your continued understanding of the rules of the dormitory and your cooperation in taking measures against infection.