

Checklist for Students Coming to School

Please check the following precautions and be sure not to get infected or infect others.

Before coming to school

- ☐ Take your temperature every day.
- ☐ Do not come to school if you do not feel well.

When on campus

- ☐ Wear a mask.
- ☐ Take your temperature with the thermal sensor upon entering the Research and Lecture building. If you have a fever, please contact the Health Care Center.
- ☐ Use the stairs instead of the elevators when going to class.
- ☐ Wash your hands with soap and water or disinfect your hands before and after classes.

During face-to-face classes

- ☐ Wear a mask.
- ☐ Avoid the “Three C’s” (closed spaces, crowded places, and close-contact settings) and follow your teacher’s instructions on seating positions.

When taking online classes on campus

- ☐ Wear a mask.
- ☐ Take classes in the following classrooms
 - ★ZOOM Classrooms
 - Bring your own PC and headset (with a microphone).
 - Classrooms 101、226、227 are for taking ZOOM classes only.
 - Students may use classrooms 102/103/107/108/109/113/114/115 when opened.
 - ★PC Classrooms (desktop computers are available for use)
 - Bring your own headset (with a microphone).
 - Please note that ZOOM will not connect outside the classrooms mentioned above.

During lunch

- ☐ Leave space between seats and avoid sitting directly opposite others.
- ☐ Refrain from conversations and do not talk loudly.
- ☐ If possible eat outdoors in a clean and pleasant atmosphere.

Circle activities

- ☐ Guidelines for extracurricular activities and use of facilities must be abided by.
- ☐ Follow directions from the Student Affairs Division and the Sports and Cultural Clubs Committee, and stick to the activity and infection prevention plans you have submitted.

When outside of school

- ☐ Do not eat or drink out with several people.
- ☐ If you have a part-time job, check the infection prevention measures the workplace has put into place. Do not work somewhere where there may be issues.

Contact information for inquiries & consultation

- ☐ If you have undergone a PCR test due to suspicion of infection

<https://sanda.tufs.ac.jp/emergency-contact/covid19/>

- ☐ Inquiries about taking classes

<https://docs.google.com/forms/d/e/1FAIpQLSfIA2DReRqcb3pTDuGGsCxZdRP-oPP9QejpwxpmlJNd48vrpA/viewform>

- ☐ If you have technical issues (such as problems with Zoom) or need to borrow equipment

tufs-zoom-studentssupport[at]tufs.ac.jp

TEL : 042-330-5893

- ☐ Inquiries about financial issues or scholarships

<https://business.form-mailer.jp/fms/56c37f09119375>

☐ For general consultation (Student Counseling Room)

<http://www.tufs.ac.jp/institutions/facility/sccs/>

TEL : 042-330-5560

☐ For consultation on health issues (Health Care Center)

hoken-center[at]tufs.ac.jp

TEL : 042-330-5435

☐ For academic support (TUFS Academic Support Center)

academic-support-center[at]tufs.ac.jp

<https://docs.google.com/forms/d/13y1mobmaJM3hU8T47zBNGUz1uiEqmX61BZdLVkGr4HQ/edit?usp=sharing&ts=5f0e8749>

Health Check Sheet

Year: 2020/21 Month: ____

Please take your temperature every day and mark ✓ if you have any symptoms that apply.

Faculty/Department				Student number				Name	
Day	Temperature	Runny nose	Sore throat	Cough	Phlegm	Fatigue	Breathlessness	Smell and taste issue	Other
e.g.	36.4			✓		✓			
1									
2									
3									
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This sheet is for individual use only. You do not have to submit it.