

## Response to Strain of New Coronavirus

Tohoku University's response to the new strain of coronavirus is outlined below.

Information on the coronavirus is being updated daily, and our response will change accordingly.

The latest information and notes will be announced on the Tohoku University website, so please be sure to check it regularly.

It will be important to help prevent the spread of infections in Japan during the busy month of March, and staff in charge of dealing with events at the university will be notified directly through the Groupware system with updates as necessary.

In addition, students taking entrance examinations should check the latest information on the Tohoku University [Admission Center](#) website.

On the Ministry of Foreign Affairs' safety website (<https://www.anzen.mofa.go.jp/>), the risk of infectious diseases was raised to 2 or 3 in the following areas, so please carefully consider any arrangements you have regarding travelling to these areas, and consider cancelling any unnecessary or non-urgent journeys.

We ask students and staff members already in these areas to keep in mind that the local situation may deteriorate rapidly. We ask that you take all precautionary measures to prevent infection and that you urgently consider insuring your own safety, including returning to Japan in the near future.

### □ Infectious Disease Risk Level 3 (Do not travel):

People's Republic of China: all of Hubei Province and Wenzhou City in Zhejiang Province

Republic of Korea: Daegu Metropolitan City and the following areas in North Gyeongsang Province: Gyeongsan-si, Andong-si, Yeongcheon-si, Chilgok-gun, Uiseong-gun, Seongju-gun, Cheongdo-gun, Gunwi-gun

Iran: Qom, Tehran, Gilan

### □ Infectious Disease Risk Level 2 (Travelers advised to cancel unnecessary/non-urgent trips):

People's Republic of China: All areas except Hubei Province and Wenzhou City in Zhejiang Province

Republic of Korea: All areas outside of Daegu Metropolitan City and the following areas in North Gyeongsang Province: Gyeongsan-si, Andong-si, Yeongcheon-si, Chilgok-gun, Uiseong-gun, Seongju-gun, Cheongdo-gun, Gunwi-gun

Iran: Areas outside of Qom, Tehran and Gilan

Italy: Lombardy, Veneto and Emilia-Romagna

### **For students, faculty and staff**

#### **1. Thorough Healthcare**

Thoroughly wash your hands with running water and soap, and also use alcohol disinfectant on your hands. When coughing, be sure to cover your mouth, and wear a mask if necessary. Also, if you are participating in an event with many other people, please take appropriate measures.

If you have a fever or other symptoms indicating a cold, or if you are uneasy about your physical condition, refer to the flowchart noted below, do not come to the university, and refrain from leaving your home. Please measure and record your body temperature every day during your time at home.

(\*) Check sheets to help with checking your own health are posted on the website. Please use them as necessary.

Flow chart for activities such as staying at home to prevent infection:

PDF ([http://www.tohoku.ac.jp/japanese/disaster/outbreak/01/outbreak0101/flow2020\\_en.pdf](http://www.tohoku.ac.jp/japanese/disaster/outbreak/01/outbreak0101/flow2020_en.pdf))

Check sheets, etc.:

Questionnaire (Japanese, English, and Chinese)

PDF ([http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206\\_00\\_1.pdf](http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206_00_1.pdf))

Checklist (Japanese)

PDF ([http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206\\_00\\_jpn.pdf](http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206_00_jpn.pdf))

Checklist (English)

PDF ([http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206\\_00\\_en.pdf](http://www.tohoku.ac.jp/japanese/newimg/newsimg/news20200206_00_en.pdf))

\* Please fill out the questionnaire and relevant check sheet during periods when you are observing your own health, and bring completed check sheets and questionnaires with you when visiting medical institutions.

Please refer to the Ministry of Health, Labour and Welfare's "Guidelines for Consultation and Medical Examinations regarding New Coronavirus Infections", and if you have any of the following symptoms, contact the call center in Sendai (TEL: 022-211-3883). Please follow their instructions and be sure to contact your department and send a message as directed to the e-mail address below. When consulting a medical institution, wear a mask, bring the aforementioned check sheets, etc., and avoid using public

transportation.

- You have had symptoms suggesting a cold or have had a fever of 37.5°C or over for four days or more (including when you need to continue to take an antipyretic)

- You have a feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

\* Please also consult with the consultation center if you are a senior citizen or have an underlying disease, and you have had the symptoms mentioned above for about two days.

[Ministry of Health, Labour and Welfare] Guidelines for Consultation and Medical Examinations regarding New Coronavirus Infections (<https://www.mhlw.go.jp/content/10900000/000596905.pdf>)

Consultation Services:

Miyagi Prefecture and Sendai City Telephone Consultation Service (Call Center):

TEL: 022-211-3883                      24 hours (in Japanese)

Ministry of Health, Labour and Welfare Coronavirus Telephone Consultation Service:

TEL: 0120-565653 (toll-free) FAX: 03-3595-2756                      9 a.m. ~ 9 p.m. (in Japanese)

Japan National Tourism Organization – Japan Visitor Hotline

The JNTO operates a hotline for visitors to Japan, providing assistance in case of accidents or emergencies, including the new coronavirus.

TEL: 050-3816-2787                      365 days, 24 hours a day                      English, Chinese, Korean

Students: [infection2020@grp.tohoku.ac.jp](mailto:infection2020@grp.tohoku.ac.jp) (Student Health Care Center)

Report: Student ID number, name, where you stayed abroad, date on which you returned to/entered Japan, e-mail address, symptoms, whether you currently live at a student dormitory (University House etc.), instructions from the call center

Staff: [occupational-health@grp.tohoku.ac.jp](mailto:occupational-health@grp.tohoku.ac.jp) (Center for Environmental Conservation and Research Safety)

Report: Department, name, where you stayed abroad, date on which you returned to Japan, e-mail address, symptoms, instructions from the call center

\*The information received will be used to help control infectious diseases.

## **2. Measures to prevent the spread of infections**

(1) With respect to reducing the chances of coming into contact with those who are infected, please consider changing to commuting in your own car rather than by public transport, staggering your work hours, teleworking, etc. according to the situation. Please be considerate in your actions, such as by giving priority to pregnant women and to those who have chronic disease.

(2) With regard to events scheduled to be held at the university, because it will be important to help prevent the spread of infections in Japan during the busy month of March, we ask organizers to postpone or cancel events with an unspecified number of participants. In addition, students and staff members who are participating in events at the university should ensure that their own health is not a concern and should take preventive measures against infection.

## **3. For those planning to travel to areas designated a ‘Level 2 Risk’ or above**

(1) Please cancel any unnecessary or urgent travel arrangements.

(\* 1) The Ministry of Foreign Affairs has stated that citizens should urgently consider returning to Japan as soon as possible and to postpone visiting China (since February 12), and the Ministry of Education, Culture, Sports, Science and Technology has said “Please carefully consider your travel arrangements to these areas” (since February 25-26).

(\* 2) Please note that if you do visit China, you may not be able to leave due to the suspension of commercial flights, etc.

(2) If you must travel abroad, keep the following points in mind, and respond promptly to any requests to cooperate with the Ministry of Foreign Affairs.

1. Be sure to obtain in advance the latest information from the Ministry of Foreign Affairs, the Ministry of Health, Labour and Welfare, the WHO (World Health Organization) website and the Japanese embassy. Stay away from areas in which people are infected and take sufficient measures to prevent the spread of infectious diseases.

2. Enroll in a health insurance plan and take precautions against infectious diseases. Purchase travel insurance in case you need to return home in an emergency.

3. Keep in touch with your family and workplace regularly (tell family, friends, work colleagues, etc. about your travel plans)

4. Register with the Ministry of Foreign Affairs’ travel registration service (residence report or *tabireg*)

5. After returning to Japan, pay close attention to any changes in your physical condition, and

follow the instructions in “4. Those returning to/entering Japan from areas designated a ‘Level 2 Risk’ or above”.

#### **4. Those returning to/entering Japan from areas designated a ‘Level 2 Risk’ or above**

(1) As the disease has an incubation period, please rest at home for 14 days from the day on which you arrived in Japan (\*1). During that time, monitor your health for any changes in your physical condition or symptoms (\*2).

(2) If you have a fever (of more than 37.5 degrees) or a cough

Avoid contact with others as much as possible and be sure to disinfect your hands, etc. Contact your department and send a message as directed to the e-mail address below. Contact the call center in Sendai (TEL: 022-211-3883) and follow their instructions. When consulting a medical institution, wear a mask, bring the aforementioned check sheets, etc., and avoid using public transportation.

(\* 1) According to the WHO’s Q&A, the incubation period is 1 to 12.5 days (it is often 5 to 6 days). As a precautionary measure, we ask you to keep an eye on your health at home for 14 days after arriving in Japan.

(\* 2) Even if you do not have a noticeable fever (i.e. your temperature is not over 37.5 degrees), contact the call center and follow their instructions if you sense anything unusual.

#### **To all Students**

##### **1. Lectures, final examinations, thesis presentations, etc.**

If you need to stay at home due to a fever or other similar symptoms and will therefore be absent from lectures, final examinations or thesis presentations, please contact staff at the relevant faculty or graduate school.

##### **2. Extracurricular activities and job hunting**

The two weeks leading up to mid-March is a critical period for controlling the spread of infections, and we request that you please note the following with regard to extracurricular activities and various events:

1) Examples of places where the risk of infection is high are social gatherings, dinner parties, retreats etc. Therefore, we ask that extracurricular clubs and circles please cancel or delay tournaments, competitions, and retreats.

2) For the time being, it is advisable to avoid traveling overseas or visiting your hometown. Please avoid any activities that could lead to spreading the disease overseas or in Japan.

3) If you must hold activities indoors, limit the number of people, ensure there is ample space, and curtail the time of the activity as much as possible. However, such limitations do not apply if activities are being held outside, or indoors with sufficient ventilation, and the participants are not crowded together, or if the activities are performed alone.

#### **For those who are participating in conferences and events**

1. If you have symptoms such as a fever or a cough, please refrain from participating in the event as much if at all possible. If you absolutely must attend the event, contact a medical institution and consider undergoing a medical examination. If you suspect that you are infected, contact the call center in Sendai City (for assistance in foreign languages, contact the [Interpretation Support Hotline](#) at the Sendai International Center).
2. As you would with cold and seasonal influenza, we encourage you to take measures to combat the spread of infectious diseases, such as covering your mouth when coughing, washing your hands frequently, and using hand disinfectant.
3. Please use the alcohol disinfectant at the entrance to the venue.
4. If you are in any way worried about your physical condition, please do not overexert yourself.
5. Please be aware that staff members working at events, etc. may be wearing masks.
6. For details on events, etc., please contact the relevant organizer.

#### **For those taking entrance examinations**

It has been confirmed that there are people in Japan carrying the infection, and there is concern that it will spread. Therefore, please take appropriate measures, such as wearing a mask and thoroughly washing your hands, and take care of your overall health.

You can wear a mask during examinations, but you may have to remove the mask at the instruction of the supervisor when checking photographs to confirm your identity.

Please note that on the day of the examination, the supervisor may also be wearing a mask.

\* In addition, please check the latest information posted on the [Tohoku University Admission Center website](#).

**Contact:** Environmental Security Division, Human Resources and Planning Department

E-mail : [anzen@grp.tohoku.ac.jp](mailto:anzen@grp.tohoku.ac.jp)