

Kumamoto University's Correspondence to the Outbreak of the COVID-19  
(Protocol Version 28)

In order to control/prevent the virus transmission, all faculty members, professors, and students of Kumamoto University (hereafter KU) are requested to take precautionary measures including the following but not limited to;

- Cover your mouth and nose with your sleeve or anything else other than your palms when cough or sneeze
- Wash your hands properly and frequently (rub alcohol hand-sanitizer\* on to your hands and between fingers) \*in the case of its being difficult to find hand-sanitizer, use hand soap and wash hands under running water instead

Please note that all precautions should be taken as if to prevent other infectious diseases such as common cold and influenza.

Also, since there is the significant number of transmission cases by people, who have no symptoms shown, has been reported, these asymptomatic/pre-symptomatic coronavirus carriers are most likely contributing to the rapid spread of the coronavirus. Therefore, changing the way of your thinking must be done, and you should think that you are one of these asymptomatic/pre-symptomatic coronavirus carriers and consider what each one of you should or should not do in your daily life to prevent from transmitting the virus you might carry to the others around you. This should be considered as “**the new normal.**”

As to students' countermeasures during this pandemic situation, they should follow and execute what is mentioned in any announcements/notifications published by the Director/Vice-President (in the Educational and Student Support Division) and each Faculty/Department.

**[Domestic Travels/Outings among Prefectures]**

- a. Please avoid going to all other prefectures unless it is a necessary and/or an urgent matter. Which excludes a visitation to a medical institution, grocery/medical supply shopping, commuting to workplaces, exercising outside to keep your health and fitness.
- b. Please refrain from going on a trip (including going back home) to any other prefectures during May Golden-Week Holidays.  
<https://www.pref.kumamoto.jp/soshiki/30/51409.html> (Japanese contents)  
<http://www.kuma-koku.jp/support-center/page156.html?type=top> (contents available in foreign languages)

**[Going Abroad]**

- a. As advised on *Overseas Safety Information* published by Ministry of Foreign Affairs of Japan, do not travel to any of the LEVEL 3 areas/regions/countries below listed (including both personal and business trips.)

- b. Avoid taking non-emergency and/or unnecessary trips to any of the LEVEL 2 areas/regions/countries.
- c. If you must plan an unavoidable trip abroad with a specific reason, ensure to notify to staff of General Affairs Section at your department if you are a faculty personnel or to staff of Educational Affairs at your faculty/school if you are a student in order to take a necessary procedure prior to your departure. When travelling, please ensure to check and pay attention to the most up-to-date information by accessing Ministry of Foreign Affairs of Japan's website\* and Ministry of Health, Labor and Welfare Quarantine Station's website\*\*.
- d. Please visit Ministry of Health, Labor and Welfare's website for more information.
  - \* <http://www2.anzen.mofa.go.jp> (Ministry of Foreign Affairs of Japan)
  - \*\* <https://www.forth.go.jp/topics/fragment6.html> (Ministry of Health, Labor and Welfare Quarantine Station)
  - [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html) (Ministry of Health, Labor and Welfare)

#### **[Returning from Your Trip from Other Countries]**

- a. Prior to entering Japan, any returnees and visitors from other countries are requested to check the Ministry of Health, Labour and Welfare website for the most up-to-date information on Japanese border measures and follow any instruction given by the Quarantine Station (which includes providing a certificate of negative PCR test taken within 72 hours of departure time from originated county, the 14-day self-quarantine period at a specific place designated by the Quarantine Station Director and health observation during the period, refrainment of the use of public transportation, etc.)
  - [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html) (English)
  - [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19\\_qa\\_kanrenkigyuu\\_00001.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19_qa_kanrenkigyuu_00001.html) (Japanese)
- b. Ensure to utilize the self-observation sheet in order to maintain and observe your health condition during the 14-day quarantine period (which counts from the next day of your arrival date in Japan) and send the sheet to KU Health Centre via FAX or e-mail when the period is over.

#### **[Health Self-Maintenance]**

- a. Take your body temperature and self-check your condition every morning.
- b. When having cold-like symptoms, take a leave of absence (utilize the self-observation sheet and make a list of all the places you have visited and all the people you have made contact with in case you are to be requested to report to the Public Health Centre)

- c. In case of having any symptoms including a fever, avoid visiting a general hospital, instead, phone a local clinic or your family doctor first (they will give you a referral to another local medical institution if they cannot take you as their patient.)

If you are not sure where to call, please contact "dial for exclusive use of patients with fever" at 0570-096-567 to find out which medical institution can take you.

[Coronavirus Support Center or the Help Line]

In case of any symptoms such as a fever:

- 1) Consult with your family doctor or local medical clinic first
- 2) Call "dial for exclusive use of patients with fever" line only if you do not know who to consult with

TEL 0570-096-567 (available 24 hours)

Residents outside of Kumamoto City: Consultation Counter (Call center) for Exclusive Use of Kumamoto New Model Coronavirus Infectious Disease

TEL 096-300-5909 (available 24 hours)

Foreign Residents: Kumamoto Consultation and Support Plaza for Foreign Residents

TEL 096-359-4995 (everyday from 10 AM to 6 PM, excluding 2<sup>nd</sup> and 4<sup>th</sup> Sundays)

E-Mail [soudan@kumamoto-if.or.jp](mailto:soudan@kumamoto-if.or.jp)

- d. Also, please contact your department, professor, and KU Health Care Centre at 096-342-2164 not only prior to but also after your PCR test.

**[Attending Events]**

- a. In case of planning and organizing any events, it should be carefully planned and managed in accordance with "*Regarding Restrictions on Holding Events Based on the Basic Countermeasure Policy, Restrictions on the Use of Facilities, etc.*" published on April 23, 2021 by Office for Novel Coronavirus Disease Control, Cabinet Secretariat, Government of Japan, (Cabinet Secretariat) in order to control and prevent the spread of the virus and put attendees' health and safety concerns as the first priority.

[https://corona.go.jp/news/pdf/ikoukikan\\_taiou\\_20210423.pdf](https://corona.go.jp/news/pdf/ikoukikan_taiou_20210423.pdf) (available in Japanese only)

- b. As the cases so far have shown, any events, which are held at any venues where it is poorly ventilated, densely crowded, also a high risk of having unpredictable contacts with an unspecified majority is present, have tendencies of higher risks of creating potential clusters, you should make your judgement on attending such events corresponding to the Kumamoto Prefectural Notification

mentioned above.

- c. Please continue to pay attention to and take enough precautions when having lunch/dinner/drinks by limiting the number of people as much as possible, having with the people you usually stay with, and taking thorough infection prevention measures. In particular, refrain from holding any workshops, parties, or events which involve face-to-face conversations and a high possibility of close contact among participants. When holding an event over lunch/dinner/drinks with careful prevention measures, please refer to the “Four Steps to Lower Risks at Lunch/Dinner Meetings” published by Kumamoto Prefecture.

\*<https://corona.go.jp/ja-easy/> (available in easy Japanese)

<https://www.pref.kumamoto.jp/soshiki/30/69446.html> (available in Japanese only)

### [Infection Prevention]

- a. Take thorough infection prevention measures when outing.
- b. The elders and their family members should avoid any outings that are unnecessary and unurgent\*.
- c. If you live within Kumamoto-city or the jurisdiction of Ariake health center areas, please refrain from any outings that are unnecessary and unurgent\*. Especially, to Downtown Kumamoto area after 9 PM.

\* Which excludes a visitation to a medical institution, grocery/medical supply shopping, commuting to workplaces, exercising outside to keep your health and fitness.

- d. Take safety measures in order to keep social-distancing from others such as limiting the duration of meetings, ventilating rooms frequently, dividing and scattering members to use various venues, and having online meetings.
- e. If face-to-face work is necessary, ensure to keep the social distance between each other to prevent the infection.

### [Obtaining the Most Up-To-Date Information]

The most current information is available and should be obtained from each of the following website;

- Ministry of Education: [COVID-19] Information about MEXT's measures  
[https://www.mext.go.jp/en/mext\\_00006.html](https://www.mext.go.jp/en/mext_00006.html)
- Ministry of Health, Labor and Welfare: About Coronavirus Disease 2019 (COVID-19)  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.htm](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.htm)
- Office for Novel Coronavirus Disease Control, Cabinet Secretariat, Government of Japan, (Cabinet Secretariat):  
<https://corona.go.jp/> (contents available in Japanese only)
- Ministry of Foreign Affairs:  
<https://www.anzen.mofa.go.jp/> (contents available in Japanese only)
- Ministry of Justice: Information Related to New Coronavirus Infection (COVID-19) from Immigration Services Agency

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[http://www.moj.go.jp/EN/nyuukokukanri/kouhou/m\\_nyuukokukanri01\\_00003.html](http://www.moj.go.jp/EN/nyuukokukanri/kouhou/m_nyuukokukanri01_00003.html)

- Kumamoto Prefecture: *Information Related to New Coronavirus Infection (COVID-19)*  
<https://www.pref.kumamoto.jp/site/covid-19/> (contents available in Japanese only)

General Affairs Division

Ext. 3117 & 3118