

Kumamoto University's Correspondence to the Outbreak of the COVID-19
(Protocol Version 30)

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

- Always wear a mask regardless of your showing any symptoms or not
- 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

- In case of having a fever, contact your family doctor as soon as you find out and stay behind at home

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.**”

To All Kumamoto University Students

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.

[General Notes]

[Classes]

[Travelling to the Other Prefectures for Job Hunting, Etc.]

[Going Abroad]

<https://www.facebook.com/kumamotouniversityiso> (please refer to the post on May 14, 2021)

[Health Self-Maintenance]

- a. Take your body temperature and self-check your condition every morning (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.)
- b. When having cold-like symptoms, stay at home and contact a medical institution to consult your symptoms. If the medical institution determines that a PCR test needs to be taken, inform your faculty/department office. When you think you are ready to go back to school, be sure to ask for instructions from the Kumamoto University Health Center first by phone (096-342-2164) or email

(hoken@jimu.kumamoto-u.ac.jp.) You must stay at home for at least 8 days after onset and for 3 days after your fever goes back down. That means that you would have to stay home until 3 days after your fever going down to your normal temperature even though it went over the mandatory 8 days.

- 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 in.

[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 2nd and 4th Sundays)

E-Mail 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.

[Infection Prevention]

- a. Take thorough infection prevention measures.
- b. Refrain from taking any unnecessary and/or unurgent outings. Especially, going out after 9 P.M. should be avoided in Kumamoto city area.*

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

- c. For your information, please watch the instructional video to learn "How to Prevent Infection" (Japanese contents.) <https://md.kumamoto-u.ac.jp/course/view.php?id=94282>

[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.

** <https://www.pref.kumamoto.jp/soshiki/30/51409.html> (contents available in Japanese only)

[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****.
*** <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)
- d. Please visit Ministry of Health, Labor and Welfare's website for more related information.
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html (Japanese contents)

[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 regarding Japanese border measures and follow any instructions 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 (English)
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.

[Attending Events]

- a. In case of planning and organizing any events, it should be carefully planned and managed in accordance with "*Restrictions on Organizing Events after Stricter Measure to Prevent the Spread of COVID-19 is Lifted*" published by Kumamoto Prefecture, and attendees' health and safety concerns should be taken care of as the first priority.
<https://www.pref.kumamoto.jp/uploaded/attachment/143558.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/uploaded/attachment/122880.pdf> (available in Japanese only)

[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
- Ministry of Health, Labor and Welfare: *About Coronavirus Disease 2019 (COVID-19)*
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*
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)

To All Faculty/Department Staff Members

[Health Self-Maintenance]

- a. Take your body temperature and self-check your condition every morning (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.)
- b. When having cold-like symptoms, stay at home and contact a medical institution to consult your symptoms. If the medical institution determines that a PCR test needs to be taken, inform your

faculty/department office. When you think you are ready to go back to work, be sure to ask for instructions from the Kumamoto University Health Center first by phone (096-342-2164) or email (hoken@jimu.kumamoto-u.ac.jp.) You must stay at home for at least 8 days after onset and for 3 days after your fever goes back down. That means that you would have to stay home until 3 days after your fever going down to your normal temperature even though it went over the mandatory 8 days.

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

- c. Minimize having any face-to-face meetings by limiting the length of them, regular ventilating the meeting room, using separate rooms, or even utilizing online meeting system.
- d. If your work involves face-to-face contacts with others, take prevention measures by leaving enough spaces among people.

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