

## **MuroranIT Response to COVID-19 (as of April 7, 2020)**

To International Students of Muroran Institute of Technology,

Currently, Japan is severely suffering from the outbreak of new coronavirus diseases. As MuroranIT has come up with preventative measures as below, we kindly request for your cooperation to prevent the spread of infection. Please note that, as these measures may be reviewed and updated in accordance with the pandemic situation of this infectious diseases, please be sure to check the latest information.

### **Latest development on Coronavirus disease 2019 (English)**

-Ministry of Health, Labour and Welfare: <https://www.mhlw.go.jp/english/>

-Hokkaido Prefecture: <http://www.pref.hokkaido.lg.jp/ss/tsk/promo/coronavirus.htm>

### **1. International travel**

#### **(1) Travel to areas with Level 3 Travel Advisory by MOFA**

Refrain from traveling to the areas of Travel Advisory Level 3 (Avoid all travel) by the Ministry of Foreign Affairs (MOFA). We also request a self-restraint of any personal travels.

#### **(2) Travel to areas with Level 2 Travel Advisory by MOFA**

Avoid any non-essential and non-urgent travels to the areas of Travel Advisory Level 2 (Avoid non-essential travel) by MOFA because you may be unable to return to Japan or a university-level alert may be required if a spread of infection is confirmed on campus. We also request a self-restraint of any personal travels.

#### **(3) Travel abroad for unavoidable reasons**

Make sure to submit an online notification of absence to Center for International Relations via [Moodle](#). As soon as you return to Japan, please notify Center for International Relations of your arrival (Instructions such as suspension of attendance to classes and laboratories may be imposed in consideration of your health condition).

Keep yourself updated with the latest information for your health and safety through the websites of the Ministry of Foreign Affairs, the Ministry of Health, Labour and Welfare, etc. Please keep in contact with your family, supervisor, and Center for International Relations while traveling abroad.

**A list of countries with entry denial or restrictions to those who travel from Japan (Japanese)**

- the Ministry of Foreign Affairs:

[https://www.anzen.mofa.go.jp/covid19/pdfhistory\\_world.html](https://www.anzen.mofa.go.jp/covid19/pdfhistory_world.html)

**2. For students coming or returning from the Level 3 and Level 2 areas.**

(1) If you have symptoms such as a fever and/or a cough when you come or return to Japan or if you were in a close contact with a coronavirus positive person during your stay abroad, please ensure to report it to the airport quarantine officers and follow their instructions. In addition, please do not forget to notify this to Center for International Relations.

(2) If you come or return to Japan, immediately notify Center for International Relations and follow its instructions.

(3) We request students who come or return to Japan to stay at home with a self-health observation (e.g. checking physical condition and body temperature) for two weeks even when they do not have symptoms such as a fever and/or a cough.

(4) If you have symptoms such as a fever and/or a cough, please be sure to contact the hotline of the Muroran Public Health Center (Tel. 0143-24-9833) and follow its instruction (in-person visit is not recommended). In addition, please inform Center for International Relations of the results.

\* MuroranIT members who were in a close contact with coronavirus-infected patients are also required to follow the same instructions as above.

With the implementation of thorough measures against COVID-19 by the Ministry of Health, Labour and Welfare, the non-use of public transportation (e.g. trains, buses, taxis, etc.) is requested.

**3. Domestic travel (including private one)**

(1) In principle, travel to the areas in the state of emergency based on Act on Special Measures has to be postponed or canceled. In addition, for 2 weeks after unavoidable traveling to these areas, even if you do not have any symptoms of fever and/or cough,

please keep an eye on your health condition by checking physical condition and body temperature.

7 Areas in the state of emergency (As of April 7, 2020):

Tokyo, Kanagawa, Saitama, Chiba, Osaka, Hyogo, and Fukuoka

(2) Please refrain from any non-essential and non-urgent travels to other areas, too.

#### **4. What to do if there is a possibility of infection**

If you have the following symptoms, promptly contact the Muroran Public Health Center (Tel. 0143-24-9833) by phone and follow its instruction. In addition, please report the consultation results to Center for International Relations.

- You have a cold and/or a high fever of more than 37.5 degrees for 4 days in a row (Including those who need to keep taking a fever reducer)
- You feel tired, exhausted or hard to breathe

#### **5. Instructions against any possible infections**

(1) As cold and influenza are spreading at this time of the year, please ensure to make efforts to keep cough etiquette, hand washing, and fresh air at home (the same applies when any domestic and international travels are taken). Also, try to manage your physical condition by checking the health condition.

(2) Do not attend any events where many people gather. In particular, try to avoid being at confined spaces, crowded places, and in a close contact.

(3) If you have symptoms of a cold, take a rest at home by checking your body temperature on a regular basis.

(4) When planning an event, reconsider the necessity and urgency of holding the event at this difficult time together with its alternative means, postponement, and cancellation based on the spread of infection and the environment of the venue.

If the event is to be unavoidably held, try to take appropriate preventative measures and devise an implementation method as advised below.

<Preventative Measures against the spread of infection>

- Make sure that those who has symptoms like a cold should avoid taking part in the events
- Remind participants to practice cough etiquette and hand washing
- Put alcohol-based hand sanitizer gels everywhere in the venue
- Keep fresh air in the venue
- Ensure good ventilation and alcohol disinfection of the venue

<Examples of endeavors to organize unavoidable events>

- Downsize the content and overall time of the event in an appropriate way
- Reduce the number of participants
- Keep a social distance of participants from others by securing enough space between chairs

## 6. For any inquiries or concerns in English

Please contact the below by telephone or e-mail (in-person visit is not recommended).

### ○MuroranIT

Health Administration Center	<a href="mailto:hac@mmm.muroran-it.ac.jp">hac@mmm.muroran-it.ac.jp</a> 0143-46-5855
Center for International Relations	<a href="mailto:kokusai@mmm.muroran-it.ac.jp">kokusai@mmm.muroran-it.ac.jp</a> 0143-46-5888/5886

### ○Telephone Consultation

Hokkaido Foreign Resident Support Center	011-200-9595 (9:00~16:00 weekdays)
Japan Visitor Hotline	050-3816-2787 (24 hours a day)