

**【Outline】**

- Regarding travel abroad, 18 countries are added to the list of the countries at Level 3 of Infectious Disease Risk Information. It is prohibited to travel to any country at the Risk level 3.
- If you have cold-like symptoms, you must report to the Section in Charge of Crisis Management at JAIST.
- All arrivals from other countries must report their health condition to the Section in Charge of Crisis Management.
- Always try to get the latest information about the coronavirus and make efforts to prevent the spread of infection.
- To avoid a cluster infection, always make sure to keep away from any situation that more than two conditions of Three Cs (Crowded Place, Closed Space, and Close Contact) exist.

Dear Students, Faculty and Staff,

President

**【IMPORTANT】 About Outbreak of Novel Coronavirus (part 13)**

JAIST has changed the prevention measures according to the announcement issued by Ministry of Education, Culture, Sports, Science, and Technology.

(Major changes are listed below with explanation. The full text with the recent changes is available after the list.)

We ask for your conscious and continuous efforts in obtaining the latest information, wearing a mask, and washing your hands. In addition, in your everyday life, avoid completely any situation that involves plural conditions of the three Cs to block occurrence of cluster infection (This means that you must avoid poorly-ventilated space, crowded place, and close contact with people.)

(Major Changes)

**【Travel to overseas (Level of Infectious Disease Risk Information )】**

3. Countries raised to level 3 recently (Avoid traveling to these countries)

Guyana, Cuba, Guatemala, Grenada, Costa Rica, Jamaica, Saint Vincent and the

Grenadines, Nicaragua, Haiti, Georgia, Iraq, Lebanon, Algeria, Eswatini,  
Cameroon, Senegal, Central African Republic, Mauritania

(Full text)

**【Strengthening quarantine to all overseas arrivals】**

1. Due to the strengthened quarantine, all overseas arrivals are required isolation/detention based on the Quarantine Act and will have to self-quarantine for 14 days at place (such as home) where designated by a Quarantine Station Chief and cannot use public transportation in Japan during that period.

If you have a travel history to area of staying in area which is designated as level 3 of

Infectious Disease Risk Information, you will be refused entry unless the circumstances are exceptional), so please get up-to-date information.

If students or faculty considering to enter Japan, please have extra time for your schedule and get up-to-date information and give yourself extra time.

Implementation of Border Control Measures and travel restrictions for Japanese/ all travelers from Japan

(Ministry of Health, Labour and Welfare “MHLW”)

\*there is a Q & A on above is posted on following website (as of May 15)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19\\_qa\\_kanrenkigyou\\_00001.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19_qa_kanrenkigyou_00001.html)

**【Travel to overseas (Infectious Disease Risk Information)】**

2. Ministry of Foreign Affairs of Japan raised Infection Disease Risk Information as follows.

Level 2: the whole world (Avoid nonessential trip)

3. Ban travel to countries designated as level 3 of “Infectious Disease Risk Information” issued by Ministry of Foreign Affairs of Japan.

●Risk Level 3

(Asia) India, Indonesia, entire Korea, Singapore, Thai, Taiwan, entire China (including Hong Kong and Macau), Pakistan, Bangladesh  
Philippine, Brunei, Vietnam, Malaysia, Maldives

(Oceania) Australia, New Zealand

(North America) Canada, America

(Central and South America)

Argentine, Ecuador, El Salvador, Dominican Republic, Chile,  
Panama, Brazil, Bolivia, Antigua and Barbuda, Saint Christopher  
and Nevis, Dominica, Barbados, Peru, Uruguay, Colombia, Bahamas,  
Honduras, United Mexican States, Guyana, Cuba, Guatemala, Grenada,  
Costa Rica, Jamaica, Saint Vincent and the Grenadines,  
Nicaragua, Haiti

(Europe) Iceland, Ireland, Albania, Armenia, Andorra, Italy, England,  
Estonia, Austria, Netherland, North Macedonia, Cyprus, Greece,  
Croatia, Kosovo, San Marino, Switzerland, Sweden, Spain,  
Slovakia, Slovenia, Serbia, Tajikistan, Czech, Denmark,  
Germany, Norway, Vatican City, Hungary, Finland, France,  
Bulgaria, Belgium, Portugal, Poland, Bosnia and Herzegovina,  
Malta, Monaco, Moldova, Montenegro, Latvia, Lithuania,  
Liechtenstein, Luxembourg, Romania, Ukraine, Belarus, Russia,  
Azerbaijan, Kazakhstan, Georgia

(Middle East) Afghanistan, Israel, Iran, Egypt, Turkey, Bahrain, UAE,  
Oman, Qatar, Kuwait, Saudi Arabia, Iraq, Lebanon

(Africa) Ivory Coast, Democratic Republic of the Congo, Mauritius,  
Morocco, Djibouti, Cabo Verde, Gabonese, Guinea-Bissau,  
Sao Tome and Principe, Equatorial Guinea, Ghana, Guinea,  
South Africa, Algeria, Eswatini, Cameroon, Senegal, Central  
African Republic, Mauritania

Please do not travel to countries or areas designated as level 2 of Infectious Disease Risk.

● Risk level 2 (Avoid nonessential trip)

The whole world (except countries listed above of level 3)

○ Implementation of Border Control Measures and travel restrictions  
for Japanese/ all travelers from Japan

(外務省海外安全HP)

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

**【If you are suspicious of infection】**

4. All JAIST members regardless of arrival from overseas

(a). If you have cold symptoms, contact to [kikikanri@ml.jaist.ac.jp](mailto:kikikanri@ml.jaist.ac.jp) and follow the instruction. In this case, take your temperature and record it every day.

(b). Call the “the Consultation Center”

① If any condition listed below is applicable to you, please contact the Consultation Center immediately. (It is also possible to contact the Center without any condition in the list.) Please note that following list is a general standard.

Whether the PRC test is necessary or not is judged by a physician.

- In case you have any one of the conditions including difficulty in breathing, fatigue, high fever

- If case you have an illness\* which is prone to become severe and have a symptom of cold such as fever and coughing

\*elderly people, those who have underlying conditions such as diabetes, heart failure, or respiratory (including COPD) and those who are undergoing dialysis or taking an immunosuppressant drug or anticancer drug.

- Other than the above, in case a relatively mild symptom of cold such as fever or coughing continues

(If the mild symptom continues more than 4 days, please consult the Center.

Since the symptom may differ in individuals, if you feel that your condition is worse than common cold, please consult the Center immediately. In case you need to take an antipyretic drug continuously consult the Center immediately, too.)

Consultation Center (Nomi city)

\*Minami Kaga Health and Welfare Center: 0761-22-0796

② If you have turned out to be suspicious of a novel coronavirus infection after consulting the Center, receive a medical examination at the medical institution recommended by the Center.

③ When you go to the medical institution, make sure to wear a mask, wash your hands, practice cough etiquette (when you cough or sneeze, cover your mouth and nose with a mask, tissue, handkerchief, or sleeve), and use your private vehicle (refrain from using public transportation).

④ Report the result of the medical examination to [kikikanri@ml.jaist.ac.jp](mailto:kikikanri@ml.jaist.ac.jp)

(c). Following persons may become severe when infected, so if you have condition of (b) for 2 days or more, please contact the consultation center.

- senior person (65 years old or older)

- person who has an underlying disease such as diabetes, heart failure, respiratory disease (DOPD), or taking a dialysis treatment.
  - person who is taking immunosuppressant or anti-cancer drugs
- (d). Pregnant woman become severe, so contact the consultation center early.
- (e). For children, please take the same measure as (a).

#### 5. When a person staying in overseas

If you have a fever 37.5 or over, respiratory symptoms (cough, difficulty in breathing, sputum, etc.), please go to a medical institution on the spot, and report the result (medical certificate in original language or English is desirable) to [kikikanri@ml.jaist.ac.jp](mailto:kikikanri@ml.jaist.ac.jp)

#### 6. When arriving from overseas

- (a). All members of JAIST must inform followings to [kikikanri@ml.jaist.ac.jp](mailto:kikikanri@ml.jaist.ac.jp)

Place(s) that you have visited, your arrival date in Japan, your health condition

at the time of arrival (whether having fever, respiratory symptoms and taking medicine for a fever or cough).

- (b). If you are requested to fill the question sheet, take a body temperature, or confirm the physical condition at the airport, please follow the instruction. In addition, if you have a fever (37.5°C or over) or respiratory symptom at the time of arrival in Japan, you must inform a quarantine officer about that and follow the instruction. You must inform it together with the report above to [kikikanri@ml.jaist.ac.jp](mailto:kikikanri@ml.jaist.ac.jp).