

Coronavirus pneumonia (COVID—19): (4th Notification)

With an increase in the number of new coronavirus pneumonia patients being reported, including in Japan as well, taking the following steps will be critical going forward.

In the domestic

1) Please remain calm and obtain reliable news or information. Due to the spread of influenza and infectious gastroenteritis, when going out it is highly advised to avoid crowds, and rinse your mouth, wash your hands, and wear a mask.

2) There is a video (about 5 minutes) created by the World Health Organization (WHO) explaining about the new coronavirus infection in an easy-to-understand way. Please watch the video by clicking on the following link. The video is especially important for undergraduate and graduate students.

<https://youtu.be/mOV1aBVYKGA> (Link to YouTube)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019> (Link to WHO)

3) Even if you have not traveled abroad, if you have had close contact with a traveler coming back from an outbreak area of the coronavirus infection or with someone who has a fever or respiratory symptoms, or if you yourself have similar respiratory symptoms too, please inform the university of the medical situation in advance and pay a visit to a hospital or clinic.

Traveling abroad

4) Please refrain from traveling to Hubei Province and Zhejiang Province in China.

At present, no entry will be permitted into Japan from Hubei Province or Zhejiang Province in China, except under special circumstances. Also, please consider carefully whether to cancel or postpone travel to other destinations in China, other than those 2 provinces. And for persons associated with TMDU who have just come back from China please follow the guidelines in #9 below.

5) During your travel to countries where patients with COVID-19 are reported, please refrain from going out to crowded places; be sure to wash your hands with soap, gargle often, wear a mask, and keep abreast of the latest information there.

On returning to Japan

- 6) For all TMDU supervisors: Please be aware of your students' travel destination abroad and when they will return to Japan. Once they have returned, please direct them to read this notice carefully.
- 7) When you feel sick after coming back from traveling abroad, please inform the quarantine station at the airport.
- 8) If you don't feel sick when arriving in Japan from overseas, take a wait-and-see approach for two weeks by following the self-health observation sheet.
- 9) All employees and students coming back from China must contact their supervisor immediately, refrain from coming to the university, and stay at home for two weeks and monitor their health condition.

During an individual's two-week health monitoring period, those who are faculty members or administrative staff should call their department; Japanese students should call the Academic Affairs Division; foreign students should call the International Exchange Department; and hospital staff should call their department immediately. Please consult your department in charge if you cannot avoid coming to the university.

During self-health monitoring

- 1 O) If you meet the following conditions, as described in both Section I and Section II below, please refrain from coming to the university and call a public health center in your residential area to obtain further instruction. If you meet only the conditions in Section I, please call and visit a clinic/hospital in your neighborhood before coming to the university.

I: Having a fever (> 37.5°C) and symptoms of lower respiratory illness e.g. cough or sore throat

II: Within 14 days of symptom onset, one of A-C (below) occurs:

- (A) Close contact (within 2 meters) with a laboratory-confirmed patient having a coronavirus infection;
- (B) Travel to China;
- (C) Close contact to any person who recently traveled to China and demonstrates fever or respiratory symptoms

After receiving medical care, students should call the Academic Affairs Division and the Health Management Center; administrative staff should call their department and the Health Management Center; hospital staff should call their department and the Health Management Center immediately. If diagnosed with a coronavirus infection, your school attendance will be suspended for a period determined by your physician, in order to prevent the spread of the infection.

1 1) At the end of the two-week self-health monitoring, please give your self-health observation sheet to the Health Administration Center after filling out your name, department, travel destination, and the date of departure and return to Japan.

○Latest information for the coronavirus pneumonia

• Ministry of Health, Labour and Welfare

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html •

• CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

○Q&A • Ministry of Health Labour and Welfare

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryoku/dengue_fever_ga_00001.html

○help desk (Ministry of Health Labour and Welfare)

• Tel: 0120-565653 • office hours: from 9am to 9pm

○Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government

• Tel: 03-5320-4509

<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/coronasodan.html>

February 14th, 2020

Health Administration Center Director • Employee Healthcare Administration Office Director