

Updated May 15, 2020

To all students: Information regarding the Novel Coronavirus (COVID-19)

Based on what is currently known about the novel coronavirus (COVID-19), we have listed how students should act at this time. Since the information known regarding the coronavirus changes on a daily basis, we will continue to update you with the latest information, so please check this page regularly.

■ 1) Prevention measures and guide on a daily basis

- Avoid situations where the following three conditions overlap.
 1. Closed space with poor ventilation
 2. Dense place where many gather
 3. Close scenes of close conversations and utterances
- Please refrain from unnecessary urgent outings.
- Please cooperate in basic measures against infectious diseases such as washing your hands with soap, disinfecting your hands with alcohol, and coughing manners including wearing a mask, etc.

■ 2) Traveling overseas

- The risk level and the infectious disease risk level announced by the Ministry of Foreign Affairs of Japan as of May 15 is as follows:
Please refrain from traveling abroad
- Many countries and regions have adopted "Immigration Restrictions for Travelers from Japan and Japanese People and Action Restrictions after Immigration". Please check the information of the Ministry of Foreign Affairs etc. before traveling.
- If you return from abroad, follow the government's border measures related to novel coronavirus (COVID-19), observe 14-day waiting at home, etc., and inform the university (contact below) of your return date and physical condition.
To enter our university, it is necessary to ensure that there is no problem with your health after confirming that you have been waiting for two weeks. Be sure to report this to the university (contact below), and obtain permission.

©The risk level 2: Avoid nonessential travel The whole world

©The infectious disease risk level 3: Refrain from traveling (travel cancellation advisory)

- Indonesia, Korea, Singapore, Thailand, Taiwan, China, Philippines, Brunei, Vietnam, Malaysia, Maldives
- Australia, New Zealand
- Canada, United States
- Ecuador, Dominica, Chile, Panama, Brazil, Bolivia, Antigua / Barbuda, Saint Kitts and Nevis, Dominican Republic, Barbados, Peru, Uruguay, Colombia, Bahamas, Honduras, Mexico
- Iceland, Ireland, Albania, Armenia, Andorra, Italy, United Kingdom, Estonia, Austria, Netherlands, Northern Macedonia, Cyprus, Greece, Croatia, Kosovo, San Marino, Switzerland, Sweden, Spain, Slovakia, Slovenia, Serbia, Czech Republic, Denmark, Germany, Norway, Vatican, Hungary, Finland, France, Bulgaria, Belgium, Poland, Bosnia and Herzegovina, Portugal, Malta, Monaco, Moldova, Montenegro, Latvia, Lithuania, Liechtenstein, Luxembourg, Romania, Ukraine, Belarus, Russia
- Israel, Egypt, Turkey, Bahrain, Iran, United Arab Emirates, Oman, Qatar, Kuwait, Saudi Arabia
- Ivory Coast, Democratic Republic of Congo, Mauritius, Morocco, Djibouti, Cape Verde, Gabon, Guinea Bissau, Sao Tome and Principe, Equatorial Guinea

©The infectious disease risk level 2: Avoid nonessential travel

- Worldwide excluding Level 3 countries / regions

border measures related to novel coronavirus (COVID-19)

Persons who have visited any of areas subject to strengthened quarantine or the epidemic areas designated by immigration restrictions under the Immigration Control Act within 14 days before arrival, are required to follow instructions below.

- Even without symptoms of illness, be sure to stay at a place designated by the Chief of the Quarantine Station, such as your homes, for 14 days counting from the day after arrival, and DO NOT use public transportation for any purpose, including transport from airports, etc.
- Be sure to arrange an accommodation and means of private transportation from the airport to the accommodation in Japan. (DO NOT use public transportation.)
- Upon entry, a quarantine officer will register your whereabouts for the 14-day period mentioned above and means of private transportation, at the quarantine station.

In addition, regardless of the date added as an area subject to strengthened quarantine, all persons who have visited any of the epidemic areas designated by immigration restrictions under the Immigration Control Act, are subjected to the PCR test and periodic health check by Public Health Centers.

***Areas subject to strengthened quarantine : Designated areas of immigration restrictions under the Immigration Control Act**

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19_qa_kanrenkigyuu_00003.html#Q1-1

■ 3) When you have symptoms such as a fever: you will not be considered absent

If you have symptoms of sickness such as a fever, stay home and rest. Please contact the number below in the following cases. Your attendance will be suspended which you will not be considered absent even if you stay and rest at home.

【Rough guideline for suspension of attendance】

- If you develop cold symptoms and a fever of 37.5 °C or higher that last for four days or more, including the time you have taken a medication to reduce your fever.
- If you feel extreme fatigue or weakness and having difficulty breathing.
- If you have been diagnosed as being infected with the coronavirus or have been diagnosed as potentially infected by a medical institution

Note: If any of the above applies to you, consult with the university.

※Guidelines for consultation and consultation regarding COVID-19

If at least one of the following applies, please contact consult us immediately.

- If you have any of the following symptoms: shortness of breath (dyspnea), strong drowsiness (fatigue), high fever, etc.
(including when you need to continue to take an antipyretic)
- If you are prone to serious illness (*) and have relatively mild cold symptoms such as fever and cough.
(*) Elderly people, people with basic diseases such as diabetes, heart failure, respiratory diseases (COPD, etc.), people undergoing dialysis, people using immunosuppressants and anticancer agents
- If you have a relatively mild cold symptom such as fever or cough for anyone other than those above
(Please be sure to consult us if you continue to have symptoms for more than 4 days. Symptoms vary from person to person, so if you feel that you have a strong symptom, please consult us immediately. The same applies to those who have to continue to take antipyretics.)

For consultations, in addition to the Returnees / Contacts Counseling Center (the name may differ depending on the area), depending on the area, consultations may be taken at medical associations, clinics, etc.

* In addition, this guideline is a guideline for citizens to consult and receive medical examination. As always, the doctor will make the individual judgment regarding the test

As a result of consultation at the center, if there is a suspicion of infection with the new coronavirus, we will introduce a specialized "returnee / contact person outpatient".

Please wear a mask and avoid public transportation to get medical attention.

[Requests for consultation with a medical institution]

Please refrain from visiting multiple medical institutions as there are cases in which infection has spread by visiting multiple medical institutions.

In addition to wearing a mask when visiting a medical institution, wash your hands and cough etiquette (when you cough or sneeze, use a mask, tissue, handkerchief, or inside of your sleeves or elbows to hold your mouth and nose). Please be thorough.

Ministry of Health, Labour and Welfare website

(Prevention Measures against Coronavirus Disease 2019 (COVID-19))

<https://www.mhlw.go.jp/content/10900000/000607599.pdf>

【University contact information】

● Minami-Osawa Campus:

<ul style="list-style-type: none"> ・First- and second-year undergraduates (excluding second-year Faculty of Health Sciences students) 	Academic Affairs Section	tmu-kyomu★jmj.tmu.ac.jp
<ul style="list-style-type: none"> ・Third- and fourth-year undergraduates ・Graduate students 	Faculty of Humanities and Social Sciences, Graduate School of Humanities	jinbun-info★jmj.tmu.ac.jp
	Faculty of Law, Graduate School of Law and Politics (Department of Law and Politics)	hougaku-kyoumu★jmj.tmu.ac.jp
	Faculty of Economics and Business Administration Graduate School of Management	biz★jmj.tmu.ac.jp
	Faculty of Science <ul style="list-style-type: none"> ・School of Science and Engineering Graduate School of Science ・Graduate School of Science and Engineering 	rikou.r★jmj.tmu.ac.jp
	Faculty of Urban Environmental Sciences Graduate School of Urban Environmental Sciences	fues-k★jmj.tmu.ac.jp

● Hino Campus:

<ul style="list-style-type: none"> ・Third- and fourth-year undergraduates ・Graduate students 	Faculty of Systems Design Graduate School of Systems Design	hino-kyoumu★jmj.tmu.ac.jp
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● Arakawa Campus:

<ul style="list-style-type: none"> ・Second-, third- and fourth-year undergraduates ・Graduate students 	Faculty of Health Sciences Graduate School of Human Health Sciences	a-kyoumu★jmj.tmu.ac.jp
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※Please put @ into the above e-mail address instead of ★

■ 【Reference】 Links (Mostly in Japanese only)

- Ministry of Education, Culture, Sports, Science and Technology website (To Japanese students studying abroad in China, South Korea and Iran [updated February 27])
https://www.mext.go.jp/a_menu/koutou/ryugaku/1405561_00001.htm
- [COVID-19] Information about MEXT's measures (in English)
https://www.mext.go.jp/en/mext_00006.html
- Ministry of Education, Culture, Sports, Science and Technology website (Measures against infectious diseases related to the COVID-19 coronavirus in schools)
https://www.mext.go.jp/content/20200218-mxt_kouhou02-000004520_2.pdf
- Ministry of Education, Culture, Sports, Science and Technology website (Measures to take if there is a COVID-19 coronavirus infection outbreak within students)
https://www.mext.go.jp/content/20200218-mxt_kouhou02-000004520_3.pdf
- About Coronavirus Disease 2019 (COVID-19) (in English)
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html
- Ministry of Health, Labour and Welfare website (Guideline for consultations and checkups regarding the COVID-19 coronavirus)
<https://www.mhlw.go.jp/content/10900000/000596905.pdf>
- Ministry of Health, Labour and Welfare website (General measures against infectious diseases)
<https://www.mhlw.go.jp/content/10900000/000593493.pdf> (Japanese)
<https://www.mhlw.go.jp/content/10900000/000597148.pdf> (English)
<https://www.mhlw.go.jp/content/10900000/000597392.pdf> (中文)
- Ministry of Foreign Affairs Overseas Safety website (Outbreak of COVID-19 coronavirus in China and other areas)

<https://www.anzen.mofa.go.jp/>

- Ministry of Foreign Affairs Overseas Travel Registration Service (Period of stay is less than three months: Tabi-regi; three months or longer: residence report)

<https://www.ezairyu.mofa.go.jp/tabireg/index.htm>

- About the novel coronavirus (in English)

https://www.metro.tokyo.lg.jp/english/topics/2020/0128_00.html

- Frequently asked questions about the novel coronavirus (COVID-2019)

https://www.metro.tokyo.lg.jp/english/topics/2020/0214_00covid19.html

- Announcements from the Tokyo Metropolitan Government (Announcement regarding the outbreak of infectious diseases related to the COVID-19 coronavirus)

<https://www.metro.tokyo.lg.jp/tosei/hodohappyo/press/2020/01/24/20.html>

- Bureau of Social Welfare and Public Health (Information regarding pneumonia from the COVID-19 coronavirus)

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

- WHO (English website)

<https://www.who.int/health-topics/coronavirus>

Note: We plan to continue updating and adding information.