

Measures concerning the new coronavirus (COVID-19)

【Infection prevention】

- Avoid the 3 Cs, closed spaces, crowded places and close-contact settings, to prevent infection while practicing the basic measures to prevent the spread of infection, beginning with maintaining personal distance, wearing a mask and hand hygiene.
- When you enter the campus, check your temperature with the thermography cameras installed in the division complexes, the administrative building, etc.
- When inside buildings, open the windows and ventilate frequently
- Thoroughly perform usual infection prevention measures (washing hands with running water and soap, disinfecting hands, wearing masks, and coughing etiquette)
- If you have a cough without a high fever, please wear a mask at all times
- When entering buildings, wash and/or disinfect your hands
- Make careful decisions about going out, based on the local infection situation.
- When going outside, avoid crowded places as much as possible
- When eating or drinking, refrain from talking without a mask
- When using restaurants, etc. for meals or other events, use a third-party certification system certified restaurant, and do it in a short time with a small number of people.
- Register and use COCOA (COVID-19 Contact Confirming Application) or other local tracking and alerting systems.

【Health care】

- Response in cases of fever
- 1. In cases when you have a fever or other symptoms, you should stay at home and promptly contact a hospital to discuss seeking medical treatment, etc.

(For reference)

- ◆Clinics/hospitals near NAIST (performing PCR tests)
- ① Ikoma City Hospital (near Higashi-Ikoma Station)
TEL: 0743-72-1111 (Reservations 24 hours a day)
- ② Shiraniwa Hospital (near Shiraniwadai Station)
TEL 0743-70-0022
- ③ Ikoma Medical Center (1 minute walk from Ikoma Station)
TEL: 0743-75-0111 (Reservations late night and holidays only)
- ④ Tanaka Urology Clinic (5 minute walk from Ikoma Station)
TEL: 0743-75-2861 (Reservations 9:00-18:00)
- ⑤ Suzuki Internal Medicine Clinic (3 minute walk from Saidaiji Station)
TEL: 0742-33-3786 (Reservations 9:00-17:00)

※Please contact Call Center below if there isn't a hospital nearby.

◆Call Center (Coronavirus Returnee and Exposure Call Center)

① Nara Prefecture

TEL: 0742-27-1132 【24 hours a day】

② Osaka Prefecture

Health Center nearby 【24 hours a day】

③ Kyoto Prefecture

TEL: 075-414-5487 【24 hours a day】

2. In cases when you have taken a PCR test, make sure to notify the Health Care Center of that fact with the result. If the result is positive, please follow the instructions of the public health office and understand that you will not be allowed to work or report to work until it is deemed you are fully recovered. If the result is negative, please follow the treating physician's instruction and return to work/your studies.

Health Care Center Tel: 0743-72-5108 E-mail: covid-19[at]ad.naist.jp

3. In cases when you or someone you live with is requested to cooperate with the public health offices, etc. as someone who has come into close contact with an infected person, follow the directions you receive and quarantine at home for the period that is stipulated.

Flowchart for when you, your family or roommate, etc. has a fever or other symptoms

https://ad-info.naist.jp/k-soumu/somu/coronav_flow_E1224.pdf

Nara Prefecture : <http://www.pref.nara.jp/55410.htm>

Osaka Prefecture :

<http://www.pref.osaka.lg.jp/iryo/osakakansensho/corona-denwa.html>

Kyoto Prefecture : <http://www.pref.kyoto.jp/kentai/corona/soudan.html>

4. In cases when someone you live with has a fever or other cold-like symptoms, regardless of whether you have a fever or other cold-like symptoms, please follow either item 1 above.

【Health care】

○ NAIST will collect and announce information concerning new coronavirus vaccines offered by the local governments and offer support for international students, etc. in making arrangements for these.

【Overseas travel】

1. All faculty, staff and students are prohibited from travelling to areas where the infection danger levels are level 3 (Avoid all travel), regardless of whether it will be for work or private.

Also, NAIST asks that all non-essential travel to areas where the infection danger levels are level 2 be avoided.

- Japanese Ministry of Foreign Affairs Safety Abroad Page (<https://www.anzen.mofa.go.jp/>).

2. Exceptional measures

While travelling to areas where the infection danger levels are level 2 or 3 is, in principle, as stated above, in the cases 1 to 3 below, please complete the necessary procedures before traveling overseas.

Case 1: Business trips for faculty and students

- a. Overseas travel for laboratory members (faculty, students, etc.)
 - Please follow the procedures for business trips.
 - Upon returning to NAIST after safely returning to Japan without infection, the laboratory head will notify the division office. The division office will then notify the Planning and General Affairs Division and the Division Director.
 - If the traveler becomes infected, s/he shall notify the laboratory head and the Health Care Center immediately.
- b. Overseas travel for other NAIST employees
 - Please follow the procedures for business trips.
 - Upon returning to NAIST after safely returning to Japan without infection, the office/section head will notify the Planning and General Affairs Division.
 - If the traveler becomes infected, s/he shall notify the office/section head and the Health Care Center immediately.

Case 2: Student travel to study abroad

○ Overseas travel to areas where the infection danger levels are level 2 or 3 to study abroad, which meets certain conditions outlined in the March 4th announcement titled “Studying abroad for NAIST Students” will be approved.

○ Scope of exceptional measures

- a. Studying abroad at overseas institutions with which NAIST has academic exchange agreements (only if the student submits an official study abroad request to obtain the President’s permission pursuant to Article 48 of the NAIST Regulations).
- b. Studying abroad to obtain a degree including double degree programs
- c. Studying abroad through programs offered by Japan Student Services Organization (JASSO), Tobitate! (Leap for Tomorrow) Study Abroad Initiative or NAIST.

○ Procedures

Read the cautionary notes below carefully, fill in the pre-check sheet below and submit it to the International Affairs Division. This pre-check sheet must be submitted at least two months prior to departure when students need to submit an official study abroad request or at least one month prior to departure when they need to submit a Travel Request.

Cautionary notes on studying abroad in areas where infection danger levels are level 2 or 3 due to COVID-19.*

* English version will be uploaded soon.

Pre-check sheet for studying abroad in areas where infection danger levels are level 2 or 3 due to COVID-19.*

* English version will be uploaded soon.

Case 3: Private travel due to other exceptional circumstances

a. Private overseas travel for laboratory members (faculty, students, etc.)

- Notify your laboratory head using [the notification form](#) before traveling overseas.

The laboratory head shall then submit it to the division office without delay. The division office will then submit it to the Planning and General Affairs Division, the office in charge of the Crisis Measures Headquarters, and the Division Director.

- Upon returning to NAIST after safely returning to Japan without infection, the laboratory head will notify the division office. The division office will then notify the Planning and General Affairs Division and the Division Director.

- If the traveler becomes infected, s/he shall notify the laboratory head and the Health Care Center immediately.

b. Private overseas travel for other NAIST employees

- Notify your office/section head according to [the notification form](#) before traveling overseas. The office/section head shall then submit the Planning and General Affairs Division, the office in charge of the Crisis Measures Headquarters, of this plan.

- Upon returning to NAIST after safely returning to Japan without infection, the office/section head will notify the Planning and General Affairs Division.

- If the traveler becomes infected, s/he shall notify the office/section head and the Health Care Center immediately.

3. Notes

When traveling overseas, thoroughly confirm the destination country/region's entrance policies, restrictions after entrance, and infection prevention measures on government, Ministry of Foreign Affairs, and diplomatic missions' homepages. Please take precautions to ensure your safety when you travel.

Under the current Japanese government's border measures, all travelers who enter Japan must take a COVID-19 PCR test within 72 hours prior to departure and receive a negative test result certificate. If you become infected with COVID-19, you may have to change your travel schedule significantly because you will not be able to come back to Japan until you can receive a negative test result.

In this case, you may have to pay for extending your stay, getting medical care, changing flights, etc., which can add up to quite a lot of money easily. Please make the necessary preparations

such as purchasing travel insurance which covers COVID-19-related costs and increasing your credit card limit temporarily when you plan to travel overseas.

For reference: “Country/region entrance measures/restrictions, etc. for Japanese and those travelling from Japan” site (Only in Japanese).

https://www.anzen.mofa.go.jp/covid19/pdfhistory_world.html

【Persons returning to Japan】

- Stricter measures are currently in place concerning inspection and quarantine for all persons entering Japan, regardless of nationality. Please check the latest information on the website of the Ministry of Health, Labour and Welfare of Japan before you return to Japan.

Japanese Border Measures (Ministry of Health, Labour and Welfare)

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>

【Accepting international visitors to NAIST】

- From 1st March 2022, the new entry of foreign nationals into Japan under the supervision of receiving organizations such as universities is allowed, except for entry for touristic purposes. For this, a certificate for completion of registration in the Ministry of Health, Labour and Welfare’s Entrants, Returnees Follow-up System (ERFS) is necessary for visa issuance. (The receiving organization completes this registration)

Border measures to prevent the spread of novel coronavirus (COVID-19) (Ministry of Foreign Affairs)

https://www.mofa.go.jp/ca/fna/page4e_001053.html

【Domestic business trips and travelling】

- Please decide domestic business trips or other trips carefully based on the local infection situation. Also, from the standpoint of infection prevention, please practice the basic measures to prevent the spread of infection, beginning with maintaining personal distance, wearing a mask and hand hygiene.

Please refrain from domestic business trips and travelling if you have a fever or other symptoms.

【Lectures and student’s experiments】

- However, for lectures that need to be held in-person, lab tours, etc., please hold them upon thoroughly taking infection prevention measures.
- Please follow the instructions from the appropriate Graduate School or Division about conducting experiments and practice subjects for students.

【Faculty and students’ research activities】

- Research activities may be performed, but avoid the 3 Cs, closed spaces, crowded places and close-contact settings, to prevent infection while practicing the basic measures to prevent the spread of infection, beginning with maintaining personal distance, wearing a mask and hand hygiene.

【On-campus meetings】

- Online meetings and online participation are encouraged, but if in-person meetings are held, avoid the 3 Cs, closed spaces, crowded places and close-contact settings, to prevent infection while practicing the basic measures to prevent the spread of infection, maintaining personal distance, wearing a mask and hand hygiene.

【Measures for employment duties for faculty and staff】

- While the call to refrain from going outdoors does not include faculty and staff reporting for duties, in order to reduce the possibility of contact please consider staggering your commute or teleworking when it doesn’t negatively affect your education, research or work duties.

Nara Institute of Science and Technology