

July 28th, 2020

To all students, faculty and staff

Temperature self-measurement and thermography camera installation

The spread of the new coronavirus infection shows no signs of abating, and the number of patients in Nara Prefecture is increasing daily. It is unclear whether or not a state of emergency will be declared again, but we must be aware of the need to protect ourselves and NAIST. The basic steps for this are to maintain safe, appropriate interactions with others and to avoid the so-called "three Cs", but more importantly, we must manage our own physical health and try not to be the one who infects others.

1) Temperature self-measurement recommendation

Please obtain a thermometer and take your temperature every morning. Epidemiologically, the body temperature of Japanese people is between 36.6°C and 37.2°C. In terms of infectious diseases, a fever is defined as a temperature of 37.5°C or higher (for example, you cannot be given the flu vaccine if your temperature is 37.5°C or higher). Naturally, this varies from person to person, but we would like you to get in the habit of taking your temperature every day to know your normal temperature.

If you have a fever, please do not attend lectures or go to work and see your local doctor. If you have a high fever or if you have symptoms such as lethargy or shortness of breath, contact the public health center immediately and get a PCR test. Please make sure not to be the one who infect others. Please refer to the NAIST's website for information on what to do in case of fever

(URL:http://www.naist.jp/en/about_naist/other_information/measures_concerning_the_new_coronavirus_2019-_ncov/general.html) .

2) Thermography camera installation

With the above recommendation in mind, thermography cameras will be installed in each division building and research complex building from the end of July. Please make use of them. Please try to regularly measure your body temperature with thermography, especially if you were unable to measure your temperature at home in the morning or if you came to school feeling fine but feel sick later.

If your body temperature is 37.5°C or higher, please do not enter the building and go to the Health Care Center. When the Health Care Center is closed on weekends or after hours, please leave the campus and stay home. Please also seek medical advice from a local doctor if

necessary.

(3) Future policy, etc.

If the new coronavirus infection becomes more widespread, stronger measures will be required to maintain activities on campus. Taking into consideration that thermography checks may become mandatory from the fall semester, we are considering the early installment of thermography cameras at the main entrances and exits of all buildings. I would like to ask all students, faculty and staff to act carefully, considering yourself, others and NAIST.

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Director, Health Care Center

■ Body temperature checkpoints with thermography cameras

<https://ad-info.naist.jp/shisetsu/member/pdf/Thermographyposition.pdf>

■ For inquiries

About your health condition: Health Care Center ext. 5108

About thermography cameras: General Safety and Health Management Office ext. 5926