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の感染症対策を徹底し、予防に努めてく  
ださい。また、

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## Response to Strain of New Coronavirus

Tohoku University's response to the new strain of coronavirus is outlined below.

Information on the coronavirus is being updated daily, and our response will change accordingly.

The latest information and notes will be announced on the Tohoku University website, so please be sure to check it regularly.

In addition, students taking entrance examinations should check the latest information on the [Admission Center](http://www.tnc.tohoku.ac.jp/) website (<http://www.tnc.tohoku.ac.jp/>).

### **For current students, faculty and staff**

#### **1. Thorough Healthcare**

Thoroughly wash your hands with running water and soap, and also use alcohol disinfectant on your hands. When coughing, be sure to cover your mouth, and wear a mask if necessary. Also, if you are participating in an event with many other people, please take appropriate measures.

If you have a fever or other symptoms indicating a cold, or if you are uneasy about your physical condition, do not come to the university, and refrain from leaving your home. Please measure and record your body temperature every day during your time at home.

(\*) Check sheets to help with checking your own health are posted on the website. Please use them as necessary.

Please refer to the Ministry of Health, Labour and Welfare's "Guidelines for Consultation and Medical Examinations regarding New Coronavirus Infections", and if you have any of the following symptoms, contact the call center in Sendai (TEL: 022-211-3883). Please follow their instructions and be sure to contact your department and send a message as directed to the e-mail address below. When consulting a medical institution, wear a mask, bring the aforementioned check sheets, etc., and avoid using public transportation.

- You have had symptoms suggesting a cold or have had a fever of 37.5°C or over for four days or more (including when you need to continue to take an antipyretic)

- You have a feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

\* Please also consult with the consultation center if you are a senior citizen or have an underlying disease, and you have had the symptoms mentioned above for about two days.

[Ministry of Health, Labour and Welfare] [Guidelines for Consultation and Medical Examinations](#)

[regarding New Coronavirus Infections](#)

Consultation Services:

Miyagi Prefecture and Sendai City Telephone Consultation Service (Call Center):

TEL: 022-211-3883                      9 a.m. ~ 9 p.m. (in Japanese)

Ministry of Health, Labour and Welfare Coronavirus Telephone Consultation Service:

TEL: 0120-565653 (toll-free) FAX: 03-3595-2756                      9 a.m. ~ 9 p.m. (in Japanese)

Japan National Tourism Organization – Japan Visitor Hotline

The JNTO operates a hotline for visitors to Japan, providing assistance in case of accidents or emergencies, including the new coronavirus.

TEL: 050-3816-2787                      365 days, 24 hours a day                      English, Chinese, Korean

## **2 For those planning to travel to China**

(1) Please cancel any unnecessary travel arrangements.

(\* 1) The Ministry of Foreign Affairs has stated that citizens should urgently consider returning to Japan as soon as possible and to postpone visiting China (since February 12).

(\* 2) Please note that if you do visit China, you may not be able to leave due to the suspension of commercial flights, etc.

(2) If you must travel abroad, keep the following points in mind, and respond promptly to any requests to cooperate with the Ministry of Foreign Affairs.

1. Be sure to obtain in advance the latest information from the Ministry of Foreign Affairs, the Ministry of Health, Labour and Welfare, the WHO (World Health Organization) website and the Japanese embassy. Stay away from areas in which people are infected and take sufficient measures to prevent the spread of infectious diseases.
2. Enroll in a health insurance plan and purchase travel insurance which covers infectious diseases and costs for returning home in an emergency.
3. Keep in touch with your family and workplace regularly (tell family, friends, work colleagues, etc. about your contact details during your visit)
4. Register with the Ministry of Foreign Affairs' travel registration service (residence report or

*tabireg)*

5. After returning to Japan, pay close attention to any changes in your physical condition, and follow the instructions in “3. Those returning to/entering Japan from China”.

### **3. Those returning to/entering Japan from China**

(3) As the disease has an incubation period, please rest at home for 14 days from the day on which you arrived in Japan (\*1). During that time, monitor your health for any changes in your physical condition or symptoms (\*2).

(2) If you have a fever (of more than 37.5 degrees) or a cough

Avoid contact with others as much as possible and be sure to disinfect your hands, etc. Contact your department and send a message as directed to the e-mail address below. Contact the call center in Sendai (TEL: 022-211-3883) and follow their instructions. When consulting a medical institution, wear a mask, bring the aforementioned check sheets, etc., and avoid using public transportation.

(\* 1) According to the WHO's Q&A, the incubation period is 1 to 12.5 days (it is often 5 to 6 days). As a precautionary measure, we ask you to keep an eye on your health at home for 14 days after arriving in Japan.

(\* 2) Even if you do not have a noticeable fever (i.e. your temperature is not over 37.5 degrees), contact the call center and follow their instructions if you sense anything unusual.

Students: [infection2020@grp.tohoku.ac.jp](mailto:infection2020@grp.tohoku.ac.jp) (Student Health Care Center)

Report: Student ID number, name, where you stayed abroad, date on which you returned to/entered Japan, e-mail address, symptoms, whether you currently live at a student dormitory (University House etc.), instructions from the call center

Staff: [occupational-health@grp.tohoku.ac.jp](mailto:occupational-health@grp.tohoku.ac.jp) (Center for Environmental Conservation and Research Safety)

Report: Department, name, where you stayed abroad, date on which you returned to Japan, e-mail address, symptoms, instructions from the call center

\*The information received will be used to help control infectious diseases.



## **To all Students**

### **1. Lectures, final examinations, thesis presentations, etc.**

If you need to stay at home due to a fever or other similar symptoms and will therefore be absent from lectures, final examinations or thesis presentations, please contact staff at the relevant faculty or graduate school.

### **2. Extracurricular activities and job hunting**

Please be aware of the following when you participate in extracurricular and circle activities outside the university, such as in matches and tournaments, staying with others overnight, job hunting and career-related events.

- ① Take measures to prevent the spread of infectious diseases.
- ② Avoid overexerting yourself, rest well, and take care of your general health.
- ③ Please take care of your health even during extracurricular and club activities, job hunting and career-related events. If you notice any changes in how you feel, such as a cold coming on, do not overexert yourself and keep an eye on your condition at home.

## **For those who are participating in conferences and events**

1. If you have symptoms such as a fever or a cough, please contact a medical institution and undergo a medical examination before participating in the event. If you suspect that you are infected, contact the call center in Sendai City (for assistance in foreign languages, contact the [Interpretation Support Hotline](#) at the Sendai International Center).
2. As you would with cold and seasonal influenza, we encourage you to take measures to combat the spread of infectious diseases, such as covering your mouth when coughing, washing your hands frequently, and using hand disinfectant.
3. Please use the alcohol disinfectant at the entrance to the venue.
4. If you are in any way worried about your physical condition, please do not overexert yourself.
5. Please be aware that staff members working at events, etc. may be wearing masks.
6. For details on events, etc., please contact the relevant organizer.

## **For those taking entrance examinations**

It has been confirmed that there are people in Japan carrying the infection, and there is concern that

it will spread. Therefore, please take appropriate measures, such as wearing a mask and thoroughly washing your hands, and take care of your overall health.

You can wear a mask during examinations, but you may have to remove the mask at the instruction of the supervisor when checking photographs to confirm your identity.

Please note that on the day of the examination, the supervisor may also be wearing a mask.

\* In addition, please check the latest information posted on the Admission Center website (<http://www.tnc.tohoku.ac.jp/>).

# 关于近期防控新型冠状病毒性肺炎的通知

东北大学就近期防控新型冠状病毒性肺炎形势，通知如下。

因近日新型冠状病毒扩散情况不断变化，我校亦随之更新相应应急措施。最新情况和注意事项将在学校主页及校内网站上实时更新，请务必定期查阅。

另外，关于各位同学参加本校考试的有关通知，请务必及时查阅本校考试中心（日语为：入試センター）的主页（<http://www.tnc.tohoku.ac.jp/>），最新情况将实时更新。

## 各位教职员、各位同学

### 1. 请务必做好自身的健康管理

请做好预防交叉感染的各项措施（请务必使用肥皂，并在水管下用流动的水洗手，切勿用脸盆等接水洗手。请务必使用酒精做手指消毒。如果出现咳嗽等症状的话，请务必佩戴口罩，并谨记在公共场合咳嗽时的文明礼貌等）。另外，如果参加各种大型活动的话，也请务必做好预防交叉感染的各项措施。

如果出现发热等感冒症状或出现身体不适的话，请中止（或避免）到校学习、工作。尽量避免外出，居家自我隔离，监控身体健康状况。居家自我隔离期间请务必每天测量体温，并做好记录工作。

（※）健康状况检查清单请自行在大学主页上下载。

请参照日本厚生劳动省发布的“关于新型冠状病毒在何种情况时需咨询或就诊指南”，有以下症状者请拨打宫城县及仙台市咨询电话热线 022-211-3883，并积极遵从相关专业人员的建议。同时，请务必与所在院系取得联系，将健康状况报告发送至以下邮箱。前往医疗机关就诊时，请务必佩戴口罩，携带已填写的健康状况调查表等材料。除此以外，请勿乘坐公共交通工具。

· 连续四天以上出现感冒症状或发热在 37.5℃ 以上。

（包括必须服用退烧药的情况）

· 若出现身体极度乏力或呼吸困难。

※高龄者出现以上症状两天以上者

**【日本厚生劳动省】**请参照日本厚生劳动省发布的“关于新型冠状病毒在何种情况时需咨询或就诊指南”

#### 【咨询服务窗口】

##### ○宫城县及仙台市咨询电话热线

电话：022-211-3883 办公时间：上午 9:00～晚上 9:00 可使用语言：日语

##### ○日本厚生劳动省新型冠状病毒性肺炎咨询电话热线

免费电话：0120-565653 传真：03-3595-2756 办公时间：上午 9:00～晚上 9:00 可使用语言：日语

##### ○日本政府观光局（JNTO）面向国外来日游客咨询电话热线「Japan Visitor Hotline」

以下咨询电话热线负责接待外国人关于新型冠状病毒肺炎或身体不适的咨询。  
电话：050-3816-2787 全年无休 24 小时服务 可使用语言：英语、汉语、韩语

## 2. 关于未来一段时期前往中国的旅行

- (1) 请停止任何前往中国的、不必要的旅行。
  - (※1) 日本外务省已发布关于“务必尽快返回日本（暂时）或尽快推迟前往中国的旅行”的紧急通知（2月12日）。
  - (※2) 一旦返回日本，将可能因航班停运等原因不能再次出国，请务必随时确认相关信息。
- (2) 如不得已必须前往中国，请务必注意以下几点，并积极配合日本外务省的各项工作。
  - ① 请务必在出发前查阅日本外务省、厚生劳动省、WHO（世界卫生组织）及当地日本领事馆主页的相关最新情况介绍，不要前往感染风险高危地区，并采取相应的预防措施。
  - ② 请加入健康保险以及应对传染病治疗的相关保险，在紧急情况下可以暂时回国等保险。
  - ③ 请定期与家人和工作单位保持联系（事先将中国的联系方式告知家人、朋友、工作单位）
  - ④ 请在日本外务省旅行登记处（在留申请提交窗口或 Taibu Cash Register “日语为：たびレジ”）登记。
  - ⑤ 返回日本后请注意监控身体健康状况、并做好下面“3. 自中国入境/返回日本的各位”的各项工作。

## 3. 自中国入境/返回日本的各位

- (1) 由于该病毒存在潜伏期，自中国入境或返回日本之日起请居家休养 14 日以上（※1），并注意监控身体健康状况，观察是否出现身体不适等症状（※2）。
- (2) 如在身体健康监控期间发烧至 37.5℃以上，或出现咳嗽等症状，请尽量避免与他人接触，并积极进行手指消毒工作。同时务必与所在院系取得联系，将健康情况报告发送至以下邮箱。另外请拨打宫城县及仙台市咨询电话热线 022-211-3883，积极遵从相关专业人员的建议。前往医疗机关就诊时（请勿乘坐公共交通工具），务必佩戴口罩，携带已填写的健康状况调查表等材料。
  - (※1) 根据 WHO（世界卫生组织）颁布的信息，该病毒潜伏期为 1~12.5 日（多数为 5~6 日），因此，自我隔离观察期 14 日十分必要，自中国返回日本者请务必居家自我隔离观察 14 日以上，并监控身体健康状况。
  - (※2) 虽无明显发热症状（不仅限于 37.5℃以上高热），但仍身体感觉不适时，也请拨打宫城县及仙台市咨询电话热线 022-211-3883，并积极遵从相关专业人员的建议。

学生→[infection2020@grp.tohoku.ac.jp](mailto:infection2020@grp.tohoku.ac.jp)（保健管理中心。日语为：保健管理センター）  
健康状况报告具体内容包括：学生证号、姓名、中国的居住地址、抵达日本的日期、邮箱地址、症状、目前是否居住在学生宿舍、是否收到咨询电话热线服务的治疗建议等。

教职工→[occupational-health@grp.tohoku.ac.jp](mailto:occupational-health@grp.tohoku.ac.jp)（环境安全推进中心。日语为：環境・安全推進センター）  
健康状况报告具体内容包括：所在部门、姓名、中国的居住地址、抵达日本的日期、邮箱地址、症状、是否收到咨询电话热线服务的治疗建议等。

※我们将根据您提供的信息来改善我们今后的应急措施。

## 各位同学

### 1. 关于上课、期末考试、论文发表

需要上课出勤，或期末考试、论文发表时，如出现发热等感冒症状需居家自我隔离时，请与所在院系的教务处联系。

### 2. 关于课外活动、就职活动

如需要参加课外活动、社团活动的校级间比赛或全国比赛，赴外地集训、就职活动、职业培

训等一切校外集体活动时，请注意以下事项：

- ① 请务必积极采取相应的预防措施避免感染。
- ② 请务必加强自我健康管理，切勿超负荷工作，并注意保持充足的睡眠。
- ③ 请务必在参加课外活动、社团活动、就职活动、职业培训活动期间，加强自我健康管理。

如出现感冒等症状，身体感觉不适时，请中止活动，居家休养并自我观察健康状况。

## 前来我校参加会议及各种活动的各位

- ① 若近期出现发热、咳嗽等症状，请在参加会议或活动前联系医疗机关，并前往医疗机构就诊。疑似感染者请拨打宫城县及仙台市咨询电话热线 022-211-3883（需要提供日语以外咨询服务者请拨打仙台国际中心的求助翻译电话），积极遵从相关专业人员的建议。
- ② 与季节性病毒感冒一样，为了避免交叉感染，请在公共场合咳嗽时注意文明礼貌，勤洗手并积极进行手指消毒。
- ③ 在进入会场前，请使用摆放在入口处的酒精消毒液进行手指消毒后，再进入会场。
- ④ 感到身体不适时，请立即终止参加活动。
- ⑤ 参与会议及活动的相关工作人员可能会佩戴口罩，请予以谅解。
- ⑥ 关于会议、活动的详细情况，请与会议、活动的主办部门联系。

## 前来参加考试的各位同学

因日本国内近期出现了多名感染者，为防止新型冠状病毒进一步扩散，请务必佩戴口罩，勤洗手，加强自我健康管理，做好预防交叉感染的各项措施。

考试期间，允许佩戴口罩，当监考老师进行本人与照片核对时，需要摘下口罩，予以配合。

考试期间，若监考老师佩戴口罩，请予以谅解。

※除此以外，请务必定期查阅本校考试中心（日语为：入試センター）的主页（<http://www.tnc.tohoku.ac.jp/>），最新情况将实时更新。