

To students and staff who have come/returned from "Restricted travel areas".

Ver.3 2020.9.17

"Restricted travel areas" are the areas of **Level 2 or higher** in the category of Ministry of Foreign Affairs Infectious Disease Risk Information **when coming/returning to Japan**.

Please check the website: <https://www.anzen.mofa.go.jp/>

The number of new coronavirus infections is increasing rapidly. Please follow the instructions below to ensure compliance with the university's countermeasures against this infection.

Contact the Academic Affairs Section (students) or the General Affairs Section (staff) of your department.

Immediately check your health with
"Health Check Sheet" [\[PDF\]](#) [\[Excel\]](#)

① Severe symptoms such as "shortness of breath", "fatigue", "high fever", etc.

② Mild cold symptoms such as fever and cough (in case of clinically vulnerable people*)

③ Mild cold symptoms such as fever and cough lasting few days

If you have ① or ② or ③
(You should consult if you have had the symptoms for more than 4 days.)

*clinically vulnerable people :
elderly people, pregnant women, People with underlying medical conditions, etc.)

No symptoms
until now

• **Please stay home for 14 days after coming/returning to Japan.**

• Check your body temperature and other symptoms every day to strictly monitor your condition.

"Self-Health Checklist" [\[PDF\]](#) [\[Excel\]](#)

• Minimize contact with others and Avoid going out.

• Wash your hands and wear a mask.

Symptoms appeared within the 14 days.

No symptoms
until the 15th day

• Contact either of the below by yourself
Mie Prefecture Consultation Desk (TEL 059-224-2339)
Tsu Health Center (TEL 059-223-5345)

※The reception desk from 21:00 to 9:00
the Mie Emergency Medical Information Center
(TEL 059-229-1199)

• Consult a medical institution immediately following the instructions.

• Report the situation to your university department.

Call your department.

(Academic Affairs / General Affairs)

Call Mie Univ. Center for Physical and Mental Health
before going to class or office.