

Prevention Measures for COVID-19 Coronavirus Pandemic
(2020.03.27 AORI)

Due to the rapid spreading of COVID-19 coronavirus worldwide, the Atmosphere and Ocean Research Institute (AORI) has implemented the following measures to prevent the pandemic.

① Fever over 3 days

Obtain sick leaves and stay home. When the fever continues for 3 days or longer, you must inform your supervisors and/or General Affair Team (extension: 66003) for further instructions.

② Close contact with suspected COVID-19 patients or carriers

The suspected COVID-19 should inform the supervisor and follow the instruction given to the suspects as well as to the colleagues, cohabitant, family members, clinics/hospitals, of which the suspects have close contact with. Under possible circumstance, work at home instead of attending the institute. If cohabitants and family members develop similar symptoms, you must inform the Facility and Safety Management Team (extension 66032) for further instructions.

③ For COVID-19 patients & people who have close contact with

The confirmed COVID-19 patients & people who have close contact with are not allowed to attend the institute. They should follow the instructions given by the medical institution. They must also inform the supervisors and backtrack the previous physical contacts.

Moreover, the confirmed patients should inform those whom they have contacted with for the past 2 weeks. Any contacts and conversations within 2 m are considered as risky and should be reported to the supervisors, or Facility and Safety Management Team of the institute.

④ Monitor your health daily

On a daily basis, measure temperature before departing for work. In case of having symptoms of fever and cold, obtain sick leave and stay home. Avoid outdoor activities and contact with people. Focus on recovering from the disease.

⑤ Wash hands frequently with soap and alcohol

Washing hands with soap and alcohol is effective to prevent infection.

You are advised to disinfect hands properly on arrival at working place and before meals. It is possible that the train pass, door knobs, switches, etc. could be contaminated with virus from COVID-19 carriers. Please pay attention to these possibilities and disinfect the sources for self-protection.

⑥ Avoid “enclosed area”, “crowded area”, “close contact with others”

The risk of infection is high among human cluster. Avoid gathering in enclosed area; avoid going to crowded area; avoid close contact with people to lower the chance of infection and spreading of the COVID-19.

⑦ Quarantine for returnees from pandemic regions (entry from more than 40 regions including China, South Korea, Europe, Iran, Egypt, etc.).

Upon return from listed pandemic regions after business trips or travels, you are required to stay home and quarantine for 2 weeks. In addition, you must inform the supervisor and follow the instruction given. The pandemic regions are listed in the following website hosted by Ministry of Health, Labour and Welfare.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19_qa_kanrenkigyuu_00001.html

⑧ Please contact the consulting center if you match one of the following symptoms.

- Symptoms of cold or influenza, fever above 37.5 °C for 4 days or longer
- Feeling tired and/or have difficulty in breathing

For those listed below and have the above-mentioned symptoms for 2 days or longer, please contact the consulting center for assistance immediately.

- Elderly
- Long-term patients with diabetes, heart failure, respiratory diseases (COPD, etc.), and patients receiving dialysis treatment
- Patients receiving anti-cancer and anti-immune system treatments
- Pregnancy (as early as possible)

Consulting centers at different cities and prefectures for returnees and potential COVID-19 carriers are available at the following website (provided by Ministry of Health, Labour and Welfare).

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html

Contacts information at AORI

- Measures against COVID-19
Facility and Safety Management Team, Atmosphere and Ocean Research Institute
Extension: 66032
Email: fm-hs@aori.u-tokyo.ac.jp

- Employment issues due to COVID-19
General Affair Team, Atmosphere and Ocean Research Institute.
Extension: 66003
Email: soumu@aori.u-tokyo.ac.jp