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**Countermeasures to Prevent the Spread of New Coronavirus Infections (COVID-19)
 (Restrictions for different activities)**

Due to the recent rise in COVID-19 infections, the state of emergency was declared in Tokyo, Osaka, Kyoto and Hyogo for the third time. Also, there has been an increase in reported cases on campus and throughout the Okayama prefecture. Accordingly, "the areas under declaration of state of emergency" was added to the following restriction measures that had been effective since September 15, 2020. Once again, ALL students on Shikata campus are asked to thoroughly read and follow the instructions below.

Restrictions on entry to Shikata campus in conjunction with the movement outside the prefecture	
<ul style="list-style-type: none"> • Students who do not participate in clinical training (Except for those who work full-time/part-time in the hospital area) 	<p>Prohibition of movement to frequent occurrence areas and areas under declaration of state of emergency, and request to voluntarily refrain from moving to the other areas outside the prefecture:</p> <ol style="list-style-type: none"> 1. If you plan to leave Okayama prefecture, you must submit the "Out-of-Prefecture Transfer Application and Report Form" in advance. *Submission procedures vary according to the department. 2. If you visited the frequent occurrence areas and/or areas under declaration of state of emergency, stay home for 14 days (336 hours) after returning to Okayama, or receive a PCR test at Okayama University Hospital (4 days after your return). When traveling outside the prefecture, please consider the above period for quarantine or the PCR test in your traveling schedule. If you have no symptoms of COVID-19 for 14 days, or if the result of the PCR test is negative, you will be allowed to attend classes. 3. If you are taking examinations outside the Okayama prefecture (such as employment exams and interviews, foreign language exams, USMLE exams, and other exams that would impact your future), permission to travel outside the prefecture is granted with the prior approval by the Dean obtained through the faculty/academic advisor in advance. (*Submission procedures vary according to the department.) <ul style="list-style-type: none"> ◆ Measures to be followed after returning to Okayama <ol style="list-style-type: none"> 1) If you visited the frequent occurrence areas and/or areas under declaration of state of emergency: Stay home for 14 days (336 hours) after returning to Okayama, or receive a PCR test at Okayama University Hospital (4 days after your return) 2) If you visited the areas other than the frequent occurrence areas and/or areas under declaration of state of emergency: No need for self-quarantine if you're in good physical condition.

<ul style="list-style-type: none"> • Students participating in clinical training • Graduate students involved in education and research in the hospital area (including international students) • Students who work full-/part-time in the hospital area 	<p>Prohibition of the movement outside the prefecture</p> <ol style="list-style-type: none"> 1. If you plan to leave Okayama prefecture, you must submit the "Out-of-Prefecture Transfer Application and Report Form" in advance. *Submission procedures vary according to the department. 2. If you go outside the Okayama prefecture, stay home for 14 days(336 hours) after returning to Okayama, or receive a PCR test at Okayama University Hospital (4 days after your return). When traveling outside the prefecture, please consider the above period for quarantine or the PCR test in your traveling schedule. If you have no symptoms COVID-19 for 14 days, or if the result of the PCR test is negative, you will be allowed to attend classes. 3. Taking examinations outside the Okayama prefecture (employment exams and interviews, foreign language examinations, USMLE exams, and other exams that would impact your future) Permission to travel outside the prefecture is granted with the prior permission by the Dean obtained through the faculty advisor in advance. (*Submission procedures vary according to the department.) <ul style="list-style-type: none"> - Measures to be followed after returning to Okayama <ol style="list-style-type: none"> 1) If you visited the frequent occurrence area: Stay home for 14 days (336 hours) after returning to Okayama, or receive a PCR test at Okayama University Hospital (4 days after your return) <p>If you visited the areas other than the frequent occurrence area: No need for self-quarantine if you're in good physical condition.</p>
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- Graduate students who has the status as "hospital employee/staff" must follow the rules of Okayama University Hospital. If you are a Doctoral student in Medicine and have special circumstances to be considered, please consult with your supervisor.
- The fee for a PCR test must be incurred at your own expense. If you wish to take the test, please consult individually.

Restrictions on entry to Shikata Campus in regards to commuting for work or school (Reminder of the previous notice)	
<ul style="list-style-type: none"> • Students 	<p>In principle, commuting to school from the frequent occurrence area is prohibited. Students may commute to school from the other areas. *If you have any special circumstances, please consult with your supervisor.</p>

Restrictions on unnecessary entry to the hospital areas (Reminder of the previous notice)	
<ul style="list-style-type: none"> • Students who do not participate in clinical training 	<p>Restrictions on unnecessary entry to the hospital areas: Target areas: Hospital premises (including stores, coffee shops, food court/cafeteria, outpatient waiting room, central pathway), shown in the appendix attached to this notification. Please, also refrain from entering the areas such as clinical departments and hospital departments and offices other than the areas designated in the appendix.</p>
<ul style="list-style-type: none"> • Graduate students involved in education and research in the hospital area (including international students) • Graduate students who has the status as "hospital staff" • Students who work full-/part-time in the hospital area • Students who are engaged in educational activities such as clinical training, etc. 	<p>No restrictions on entry to the hospital area. Please, leave the hospital premises immediately after finishing work or educational activities.</p>

Other restrictions (Reminder of the previous notice)	
<ul style="list-style-type: none"> • Students 	<ul style="list-style-type: none"> ◆ Participating in drinking and welcome/farewell parties is prohibited. ◆ Using Karaoke parlors, bars/clubs with adult entertainment (cabaret, girls' bar, host club, etc., in the so-called "nightlife district") is strictly prohibited. ◆ Refrain from using the sports gym. ◆ Refrain from participating in indoor and outdoor events and gatherings where unspecified numbers of people gather.

Restrictions on part-time work (Reminder of the previous notice)	
<ul style="list-style-type: none"> • Students who do not participate in clinical training (Students who do not enter the hospital area) 	<p>The following part-time work are <u>prohibited</u>:</p> <ul style="list-style-type: none"> - Karaoke - Bars/clubs with adult entertainment (cabaret, girls' bar, host club, etc., in the so-called "nightlife district") <p>The following part-time work should be voluntarily restrained:</p> <ul style="list-style-type: none"> - Restaurants serving alcohol and/or with Karaoke - Other restaurants
<ul style="list-style-type: none"> • Students participating in clinical training (Students who enter the hospital area) *Including the last 2 weeks (14 days) 	<p>The following part-time work are <u>prohibited</u>:</p> <ul style="list-style-type: none"> - Karaoke - Bars/clubs with adult entertainment (cabaret, girls' bar, host club, etc., in the so-called "nightlife district") - Restaurants serving alcohol and/or with Karaoke <p>The above-mentioned part-time work should be changed to other low-risk part-time work (A student who cannot change their part-time work in a restaurant for some unavoidable reasons is subject to individual consultation). Consultation with the academic advisor is required.</p>

Restriction on entry to Shikata Campus for international students coming from overseas	
<ul style="list-style-type: none"> • New international students from overseas and international students re-entering to Japan 	<ul style="list-style-type: none"> ◆ Upon entry into Japan by air, etc., a student must undergo quarantine period of 14 days at the port of entry as requested by the government. ◆ After that, the student can move to Okayama by air, Shinkansen (do not leave JR stations on the way), or car (private cars, rental cars, and taxis; except for bus). ◆ Please, stay home for 14 days (336 hours) after you arrive in Okayama, or have a PCR test at Okayama University Hospital (4 days after your arrival in Okayama). ◆ If you do not have any symptoms of COVID-19 for 14 days, or if the PCR test result is negative, you will be allowed to enter Shikata campus.

◆ **Frequent occurrence areas** <https://www.okayama-u.ac.jp/user/hospital/index349.html>

The frequent occurrence areas are subject to change depending on the situation of the COVID-19 infections. If you plan to go outside the prefecture, please make sure to check the information on the website above. The above measures are applied to the areas listed on the website on the day you return to Okayama. (Even if the areas you visited were not included in the list on the day you went out of the Okayama prefecture, if they are included in the list on the day you return to Okayama, you will need to follow the above measures.)

Contact: Please make a contact to each office in charge.

Restricted Areas in the Hospital

- **Restricted areas:**
 - Hospital premises (including stores, coffee shop, and food court/cafeteria)
 - Clinical Research Building
- **Partially restricted areas:**
 - Administration Building (Division of Medical Safety Management Division on the 4th floor, and Departments and offices on the 5th floor and above)
 - Medical Research Building (Dept. of Cardiovascular Medicine on the 1st floor and Dept. of Cardiovascular Surgery on the 2nd floor)
 - Clinical Education Building (Dept. of Pathology on the 1st floor)

