

For those going to or coming from areas designated a 'Level 2 Risk' or above

Infectious Disease Risk Level 3 (Do not travel):

People's Republic of China: all of Hubei Province and Wenzhou City in Zhejiang Province

Republic of Korea: Daegu Metropolitan City and the following areas in North Gyeongsang Province: Gyeongsan-si, Andong-si, Yeongcheon-si, Chilgok-gun, Uiseong-gun, Seongju-gun, Cheongdo-gun, Gunwi-gun, Bonghwa-gun

Iran: Qom, Tehran, Gilan, Alborz, Isfahan, Qazvin, Golestan, Semnan, Mazandaran, Markazi, Lorestan

Italy: Lombardy, Piedmont, Marche, Veneto, Emilia-Romagna; also San Marino

Infectious Disease Risk Level 2 (Travelers advised to cancel unnecessary/non-urgent trips):

People's Republic of China: All areas except those considered a Level 3 risk

Republic of Korea: All areas except those considered a Level 3 risk

Iran: All areas except those considered a Level 3 risk

Italy: All areas except those considered a Level 3 risk; also the Vatican City

1. For those planning to travel to areas designated a 'Level 2 Risk' or above

(1) Please cancel any unnecessary or non-urgent travel arrangements.

(* 1) On March 6, the Japanese Cabinet approved procedures to drastically strengthen quarantine measures at entry points to combat the spread of the COVID-19 coronavirus which first occurred in the People's Republic of China. Anyone arriving in Japan via an aircraft or ship from the People's Republic of China or the Republic of Korea may be isolated or detained by the Japanese Quarantine Act. They are also requested to remain at a location designated by a quarantine station chief (at their home, for instance) for 14 days, and to travel to their home not by public transportation but by their own car. Based on these developments, we ask you to please consider any travel plans you may have regarding travelling or returning to the People's Republic of China or to the Republic of Korea.

(* 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 take precautions against infectious diseases. Purchase travel insurance in case you need to return home in an emergency.
3. Keep in touch with your family and workplace regularly (tell family, friends, work colleagues, etc. about your travel plans)
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 "2. Those returning to/entering Japan from areas designated a 'Level 2 Risk' or above".

2. Those returning to/entering Japan from areas designated a 'Level 2 Risk' or above

(1) 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.

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