

## FAQs Regarding No.4 Travel within Japan (Updated August 31)

Q 1 . What is the policy for after returning to Shimane from a Special Alert Infection Area?

A 1 . You are required to stay at home for 10 days after returning to Shimane. During this period, you can join online classes from home.

Q 2 . When is the start of the 10-day period?

A 2 . The period starts from the date after having returned to Shimane, and continues for 10 consecutive days. Refrain from coming to the university on the day you return to Shimane.

Q 3 . When will the designation of Special Alert Infection Area be withdrawn?

A 3 . The university designates Special Alert Infection Areas based on the following information.

Special Alert Infection Area: Areas where more than 5 new positive cases per 100,000 people in a week are confirmed, and more than 50% of new cases have an untraceable source of infection.

These areas are selected based on information current as of every Friday and designated as Special Alert Infection Areas from Monday to Sunday for the following week. Special Alert Infection Areas are revised every Monday. Please be vigilant in checking the university website for updates.

Q 4 . What happens if my destination is designated as a Special Alert Infection Area during the period of my trip, even if it was not at the time of departure?

A 4 . The judgement is made based on whether you stayed in Special Alert Infection Areas during your trip.

Example:

On September 3    Depart from Shimane and arrive in Hyogo, a non-Special Alert Infection Area

On September 7    Hyogo is designated as a Special Alert Infection Area

On September 8    Depart from Hyogo and return to Shimane

In the above case, you are required to stay at home for 10 days starting from September 9. Even if the designation is withdrawn in the middle of your trip, you need to stay at home for 10 days after returning to Shimane.

Q 5 . What is the definition of “staying in a Special Alert Infection Area”? Am I judged to have stayed in the area if I just passed through?

(Example 1: While Tokyo is designated as Special Alert Infection Area

Izumo Airport → Haneda Airport → Take a monorail → Take a JR Yamanote Line → Take a limited express train → Arrive in Gunma, a non-Special Alert Infection Area)

(Example 2: While Osaka is designated as Special Alert Infection Area

Depart from Matsue with your own car → Pass through Osaka → Arrive in Mie, a non-Special Alert Infection Area)

A 5 . We do not establish unified standards as we make judgements on a case-by-case basis. The dean/head of your belonged faculty/organization will judge giving comprehensive considerations concerning reason, means and time of travel. For your reference, the above 2 cases are judged as follows.

(Example 1: You are judged to have stayed in Tokyo as you had many opportunities to have contact with people there.)

(Example 2: You are judged not to have stayed in Osaka as you had few chances of having contact with people there.)

Please consult with your supervisor if it is difficult to judge.

Q 6 . Regarding a Special Alert Infection Area which has been newly designated on August 31, what is the policy if I have stayed in a High Alert Infection Area before August 30 and returned to Shimane after August 31?

A 6 . In the above case, you are required to work from home for 10 days after returning to Shimane, regardless of the Special Alert Infection Area designation on the date of your return to Shimane.

Example: August 27 Depart from Shimane to Yamaguchi (High Alert Infection Area)

August 31 The university withdrew the designation of High Alert Infection Area and newly designated Special Alert Infection Areas. Yamaguchi is a non-Special Alert Infection Area.

September 1 Depart from Yamaguchi and arrive in Shimane

In the above case, you have stayed in High Alert Infection Area during your travel. Thus, you are required to work from home for 10 days starting from September 2.

Reference : Excerpt of the web page “Points to Note Relating to Prevention of the Infectious Spread of Novel Coronavirus 【All Students】 ” updated on August 30

#### 4. Travel within Japan (Updated August 27)

When travelling away from Shimane, make sure to inform your supervisor of your destination, length of stay, reason why you need to travel, prior to your travel. However, refrain from travels from and to areas which Shimane University designates as Special Alert Infection Areas.

If you have unavoidably traveled to Special Alert Infection Area, stay at home for 10 days after returning to Shimane, record your health condition on the Self-HealthChecklist. Also, avoid unnecessary outings and contacts with others while staying at home.

#### 【High Alert Infection Area and Alert Infection Area】 (as of August 27)

High Alert Infection Area ※ Prior notification required ※ Stay home for 10 days after returning to Shimane	Tokyo, Kanagawa, Saitama, Chiba, Ibaraki, Gunma, Yamanashi, Nagano, Toyama, Ishikawa, Fukui, Aichi, Gifu, Mie, Osaka, Hyogo, Kyoto, Shiga, Nara, Wakayama, Yamaguchi, Tokushima, Kochi, Fukuoka, Saga, Nagasaki, Kumamoto, Oita, Miyazaki, Kagoshima, Okinawa
Alert Infection Area *Avoid travels whenever possible	Hokkaido, Iwate, Fukushima, Tochigi, Shizuoka, Okayama, Hiroshima, Kagawa

※These areas to be revised every Monday.

※Newly designated areas are written in red.

※When travelling away from Shimane, make sure to inform your supervisor of your destination, length of stay, reason why you need to travel, prior to your travel.

※Commuting and shopping across neighboring prefectures are exceptions if they are necessary for your daily life.

※Check FAQs regarding Travel within Japan below.

#### FAQs Regarding No.4 Travel within Japan (August 28, 2020)

If you unavoidably need to travel to said area, please especially be noted the following points.

- Be thorough on infectious prevention measures (wearing a mask, sanitizing hands and fingers, avoiding the “Three Cs”.)

- Avoid visiting busy areas at night.

- When organizing or joining any gatherings (especially ones with food and drinks), refrain from using such restaurants or facilities unless they take necessary prevention measures.

- Utilize the app COVID-19 Contact-tracing Application “COCOA.”

- After returning to Shimane, be thorough on health monitoring such as checking body temperature, and contact the university in case when you feel sick.