

To the students and staff at Saitama University
About MERS (Middle East respiratory syndrome)

MERS is a coronavirus infectious disease, which has a high mortality rate. Currently this virus has spread from the Middle East to many parts of the world.

The current incubation period before the first symptoms appear is two to fourteen days.

The main symptoms are similar to those of pneumonia (high fever, coughs, difficult breathing, etc). However, at the initial stage symptoms might be similar to a cold (fever, a runny nose, diarrhea and etc). MERS is thought to spread from an infected person's (and animal's) respiratory droplets.

Below are some important matters to be aware of.

1. If travelling abroad, please check for MERS information in your destination, and avoid the physical contact with the sick and animals, and avoid crowded places with bad ventilation.
2. Obey the instructions of the quarantine station at the entry to Japan.
3. Check your temperature twice a day for two weeks after entry to Japan and refrain from nonessential outdoor activities if you have been in a region with MERS outbreaks before entering Japan.
4. Contact the jurisdictional health care center, obey the instructions and stay home if you experience any cold-like symptoms after entry to Japan from a region with MERS outbreaks. In the case of those who have possibly been infected with MERS, they will be accommodated in a special hospital with an intensive care unit. PLEASE DO NOT seek a medical examination at a local hospital or regular doctor of your choice. (Because there is a possibility of causing in-hospital infection of MERS.) The potential patients might be transferred to the special hospital by an exclusive vehicle.
5. Avoid physical contact with people until you arrive at the special hospital. If you want to contact us , use telephone (Health Service Center) at 048-854-5356.
6. The same actions above must be applied to those who have been in proximity to infected person's respiratory droplets.

June 29, 2015

Health Service Center, Saitama University

- ※1 The Jurisdictional health care center in Saitama City is Saitama City Public Health Center (048-840-2205)
- ※2 Check the Ministry of Foreign Affairs / Overseas Safety HP (<http://www.anzen.mofa.go.jp>) and get the updated information.
- ※3 Also refer to the Website below.
Ministry of Health, Labour and Welfare: <http://www.mhlw.go.jp/english/>
National Institute of Infectious Diseases: <http://www.nih.go.jp/niid/en/>
WHO: <http://www.who.int/en/>
CDC: <http://www.cdc.gov/>