

FAQs for COVID-19

June 15, 2022 Created

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1. When you test positive or become a close contact (including suspected case)

- Q1. My antigen (or PCR) test result was positive. What should I do?
- A1. Refer to the [flowchart in "When you test positive"](#).
For attendance management, refer to [Working Conditions and Attendance Management under the impact of COVID-19](#) to enter your timesheet.
- Q2. A family member living with me received a positive antigen (or PCR) test result, and I am now a close contact. What should I do?
- A2. Refer to the [flowchart in "When you may be a close contact"](#).
For attendance management, refer to [Working Conditions and Attendance Management under the impact of COVID-19](#) to enter your timesheet.
- Q3. What is the definition of a close contact?
- A3. Please see the definition by the Ministry of Health, Labour and Welfare [\[Q5\]What is "Close contact"?](#)
- Q4. A friend I recently visited informed me she/he is a close contact. Can I come to work/school?
- A4. If you are in a good physical condition, you may come to work/school.

2. PCR Tests

- Q5. I have cold symptoms. May I take the OIST specific PCR test for diagnosis?
- A5. The OIST specific PCR test is conducted as one of the "OIST campus infection control measures" (unofficial test) and is not intended for those with symptoms. The test is mainly intended for staff/students returning from, and guests invited from, outside Okinawa. If you have symptoms, please visit a medical institution, and consult with a physician.
- Q6. Where can I obtain a PCR test kit?
- A6. Kits for the OIST specific PCR test are available at the Health Center during the operating hours (**9:30 to 17:00 on weekdays**).
- Q7. I will be traveling abroad for a business trip. Can I take the OIST specific PCR test, to receive a certificate of negative test result for COVID-19 to submit to the country I will be visiting?
- A7. As the OIST specific PCR test is an unofficial test, we cannot issue any certificates. If you need a certificate of negative test result for COVID-19 or any other documents, consult with the [Health Center](#) and then contact [external testing facilities](#).

3. Antigen Test

- Q8. I work less than 4 days a week, can I still get an OIST antigen test?
- A8. Those who are engaged in education, research, or any other types of work 3 days a week are eligible for antigen tests. If you work no more than 2 days a week, consult with [the OIST occupational physician](#).
- Q9. I have cold symptoms. Can I take the OIST antigen test?
- A9. The antigen test kits provided by OIST, as well as the OIST specific PCR test, are for "OIST campus infection control measures" (unofficial testing) and are not intended for those with symptoms. The tests are primarily limited to staff/students returning from, and guests invited from outside Okinawa. Please visit a medical institution and consult with a physician.
- Q10. I dropped my antigen test kit during the test and received an invalid result. Can I get another kit?
- A10. Please consult the [Health Center](#) and follow their instructions.
- Q11. My family members are concerned about COVID-19. Can they also take the OIST antigen tests?
- A11. The OIST antigen testing kits are limited to the faculty, staff and students who come to campus on a daily basis, and guest from outside Okinawa. As a general rule, family members are not eligible to use OIST's antigen testing kits.
- Q12. Can visitors use the antigen testing kits distributed at the Supply Store?
- A12. The kits distributed at the Supply Store are limited to OIST's faculty, staff, students, and visitors invited by OIST. As a general rule, other people are not eligible to take tests with the kits distributed at the Supply Store.
- Q13. Are vendor employees working on campus on a daily basis also eligible for antigen testing?
- A13. Depending on the criticality of their work and the frequency and level of their contact with faculty, staff, and students, the vendor employees may be eligible for antigen testing. For more information, consult with the [OIST occupational physician](#).

4. Visitors and vendors

- Q14. My research collaborator (in Japan) will be on campus for a short period of time for a joint research project. What procedures should we follow?
- A14. The research collaborator (in Japan) is required to take a PCR test (within 72 hours prior to campus entry) or an antigen test (within 24 hours prior to campus entry) with a negative result for campus entry. Test results must be submitted to the host section or unit, and the tests provided by OIST are available for the collaborators invited by OIST. If the collaborator's stay is longer than one week, it is recommended that the collaborator undergoes periodic antigen testing. For more information, see ["Visitors and Vendors"](#).
- Q15. What are the requirements for campus entry by the vendors?
- A15. All vendors are required to conduct and record their own health checks for a total of seven days before their campus entry and to report their health conditions to OIST staff using the Health Check Format by the day before their campus entry. Note that vendors who will not be in contact with OIST staff or students (including those who spend less than two hours per day in campus buildings) may skip this procedure. For more information, see ["Visitors and Vendors"](#).

5. Business trip

- Q16. I am planning an overseas business trip. What are the approval procedures and what should I pay attention to?
- A16. Check the Ministry of Foreign Affairs' [Overseas Travel Safety Website](#) and other relevant websites for information on risk of infectious diseases, entry restrictions, quarantine requirements, etc., for the country you will be visiting and obtain approval from your supervisor in advance. When the OIST alert level according to [the OIST basic policy for dealing with new coronaviruses](#) is at alert level 2, you are requested to check the infection status at the business trip location, and PCR tests, etc., should be conducted after the business trip.
- Q17. I took a PCR test at the destination of my business trip with a negative result. To enter the campus within 72 hours after the test, do I have to take another OIST specific PCR or antigen test?
- A17. No additional testing is required if you will be entering the campus within 72 hours after PCR testing or 24 hours after antigen testing.

6. Entry and Re-Entry

- Q18. What are the procedures for new entry or re-entry into Japan?
- A18. Refer to [Japanese Border Measures of the Ministry of Health, Labour and Welfare](#).

7. Events

- Q19. What measures need to be taken to prevent infection when holding workshops?
- A19. As basic infection control measures, place thermometers and disinfectants at the entrances and encourage all participants to take basic infection control measures. For more information, refer to [the Okinawa Prefecture COVID-19 Guidelines](#) and the [Internal Event Guidelines](#).
- Q20. We are planning to host a symposium and will have participants take antigen tests before the banquet. Can we use the antigen testing kits that are distributed at the Supply Store?
- A20. The kits distributed at the Supply Store are limited to OIST faculty, staff, students, and visitors invited by OIST. For antigen testing of general participants, purchase kits at the symposium office. For testing of lecturers and others invited by OIST, the kits distributed at the Supply Store may be used.

8. Work from Home

- Q21. Can I work from home?
- A21. In principle, all staff and students are expected to engage in their tasks and research safely on campus, but in consideration of the infection situation, temporary work from home is permitted **up to 8 days per month** with the approval of the supervisor.
See the details here [Temporary Work from Home for COVID-19 Infection Prevention and Control](#).

9. Mental health support

- Q22. I feel anxious due to the ongoing COVID-19 pandemic. Where can I get help?
- A22. Consult the [Ganjuu Wellbeing Service](#) or the [Health Center](#).