

Basic measures to take in laboratories against COVID-19

This page provides information for researchers and graduate students at Hokkaido University about the basic measures to prevent COVID-19 in laboratories.

The Japanese government has declared a state of emergency, and the governor of Hokkaido prefecture has requested its residents to stay at home and take actions to prevent the spread of ongoing COVID-19.

Accordingly, Hokkaido University has lifted its action plan to **Level 3** based on the Basic Continuity Plan which was made effective on April 16. Please ensure that all laboratory members comply with the following instructions as well as prioritize research activities.

Please click [here](#) for more comprehensive information on the university's measures against COVID-19.

○ Basic Measures in Laboratories

Research staff, including researchers and graduate students, are permitted to enter only the relevant building or room for a short time in the following cases.

- (1) To continue a long-term experiment which is already in operation
- (2) To stop or hold an ongoing experiment
- (3) To maintain living objects, materials requiring adequate environment, and computer servers

Research staff must follow the instructions below when they enter a research facility.

- Arrange shifts if possible to avoid contact with each other, and maintain a distance from each other
- Install alcohol-based hand sanitizers and wear a face mask
- Wear disposable gloves when touching shared equipment and follow the instruction for wearing gloves.*
- Lock laboratory and building doors on the way out

Research staff who doesn't apply to the above-listed conditions must stay home.

*<Reference> How to put on and take off disposable gloves properly (in Japanese)
<https://med.saraya.com/kansen/ppe/chakudatsu/tebukuro.html> (external site)