

Guidelines to prevent FMD from entering Japan

Farm Animal Disease Control Section

Foot-and-Mouth Disease (FMD) is highly contagious. Once it enters Japan, it can be spread to healthy livestock and lead to a huge disaster. These guidelines are intended to prevent FMD from entering Japan. All students and university staff who travel abroad or/and bring biological samples from abroad are subject to obeying strict procedures for controlling FMD.

This guideline is a priority for those who go to FMD-affected countries (including countries in which FMD vaccination is practiced) and/or for those whose jobs are in risk of exposure to FMD virus. But anyone who goes abroad is required to read these guidelines at least once and take appropriate precautions to prevent FMD from entering Japan.

● Before leaving Obihiro:

1. Check the latest FMD situation in your country of destination. See the Ministry of Agriculture, Forestry and Fisheries' homepage in Japanese (http://www.maff.go.jp/j/syouan/douei/katiku_yobo/index.html) or in English, and see the OIE's homepage (<http://www.oie.int/en/animal-health-in-the-world/fmd-portal/>).
2. Confirm current FMD situations with your local collaborators in the country you travel to.
3. Do not enter an area where FMD outbreaks have been recently reported. If you have to visit those contaminated areas, please consult us for more specific information.
4. It is obligatory to submit the document "Notification of Activities Outside the School" to the Risk Management Office prior to departure. The form can be downloaded at <http://board.obihiro.ac.jp/bukyoku/syomu/kikikanri/kouteieki/kouteieki.html>.
5. If you bring quarantine-required biological materials into Japan, please contact the Animal Quarantine Service, and follow their instructions (Animal Quarantine Service homepage: http://www.maff.go.jp/aqs/tetuzuki/im_for_research.html)

● Before leaving Obihiro:

1. Keep a spare set of clothing and a pair of shoes in a hermetically sealed plastic bag^{*1}, just to wear on the return trip to home. Don't wear this clothing, nor open the bag during the rest of the trip.
2. Prepare clothing and footwear to be used at the sites, and discard them before returning to Japan.

3. Take wet wipes with 70% alcohol, powdered citric acid^{※2} and powdered soap which can be purchased at any drugstore.

※1: Several sizes of handy vacuum bags are commercially available.

※2: Prepare 1 g sachets, which are easy to use (Dissolving 1 g into 500 ml of water makes a 0.2% solution).

● **While abroad:**

1. When arriving at the accommodation facility, separate the sealed spare clothing and the pair of shoes to be worn on the return trip home, from the clothing and footwear to be used locally (avoid cross-contamination within the room).
2. If entering an animal husbandry related facility, follow the instructions of the authorized staff and the preventative procedures for disinfection. However, in FMD-affected countries, the biosecurity practices may vary, so you should be aware and take appropriate precautions by yourself.
3. When leaving an animal husbandry facility, wash and disinfect hands, clothing and footwear appropriately, minimizing risk of bringing dirt to your accommodation facility. At the accommodation facility, wash your body well during a bath or shower.
4. If entering an animal husbandry facility, it is recommended to use disposable protective clothing, mask, cap and rubber gloves. But if these materials are not available, discard your clothing, footwear and gloves worn at the site, and do not bring them back to Japan.

● **Before returning to Obihiro:**

1. Wash^{※3} or dry-clean all clothing to be taken back to Japan, disinfect^{※4} and pack them in a hermetically sealed plastic bag.
2. Clean and disinfect^{※4} cameras, bags, experimental materials, and pack them in a hermetically sealed plastic bag.
3. Also disinfect clothing, shoes and glasses to be worn.
4. Before packing, disinfect the inside and outside of the travelling bag.
5. Take a shower just before checking out of the accommodation facility, wear the sealed prepared set of clothing and shoes kept in the bag for the return trip.
6. Under no circumstances should any infectious materials or animal products (including souvenirs) be brought into Japan (Consult the Animal Quarantine Service homepage).

※3: Most powdered soaps are weakly alkaline, and they do not inactivate the FMD virus, but they are effective in rinsing the virus off.

※4: Disinfection procedure: wipe clothing, footwear and travelling bags with alcohol

soaked wet wipes (to remove common pathogens), disinfect thoroughly with 0.2% citric acid solution, wipe the excess of citric acid solution with tissues.

● **Upon return:**

1. Anything washable (clothing) should be washed immediately with bleach.
2. Non-washable items should be disinfected^{※5} again.
3. Those items that could not be sufficiently disinfected should be put in a hermetically sealed bag with a drying agent, and left for more than 4 months^{※6} at room temperature (do not open the bag meanwhile).
4. At home, take a bath/wash your body well before going out.
5. Particularly those who handle sensitive animals (cloven-hoofed animals) should not contact with these animals in Japan for at least 7 days.

※5: Sterilization by autoclave, halogen compound (iodine or chlorine disinfectants), aldehydes (formalin), acid (below pH 6.5) or alkaline (above pH 9.5) disinfectants are effective to inactivate FMD virus, but organic solvent and surfactants are ineffective.

※6: FMD virus has been reported to survive up to 14 weeks on clothing.

● **Other points of concern:**

1. Be aware that even though you may strictly follow these guidelines, the FMD virus cannot be completely stopped from entering Japan. This is because:
 - 1) Countries other than those recognized by OIE as “FMD free without using vaccination” should be considered “affected”.
 - 2) FMD virus is extremely stable (non-enveloped, ultra small virus), and most disinfectants are ineffective.
 - 3) FMD virus has a preference for high humidity, short duration of daylight, and low temperature, and it can survive up to 4 months (not only within infected livestock, but also in contaminated fomites such as animal products, feed, people and other animals).
 - 4) Even though infected animals (cloven-hoofed cattle, water buffaloes, pigs, sheep and goats) may not show any clinical symptoms, a large amount of virus can be present in their organs (blood, muscle, body surface, urine, etc).
 - 5) FMD virus can propagate through the air, travelling over 250 km by wind.
2. If you have any questions about these guidelines, please contact **Farm Animal Disease Control Section**. The person in charge of the section is Dr. Kida. His phone number is 0155 49 5652; e-mail address: kidak@obihiro.ac.jp.