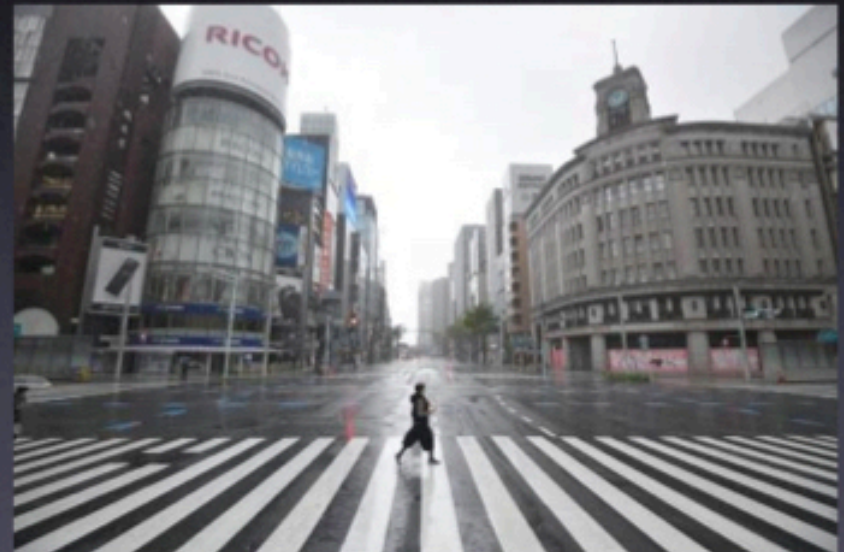


**Workplace Strategies and Guidance in Times of COVID-19  
in the Middle East & AsiaPac region **June 4, 2020****

# **Overview of Japan COVID-19 situation and the impact for occupational health based on SANPO Society survey**



**Hiroshi FUKUDA, M.D. Ph.D. Project Professor**  
**Department of Advanced Preventive Medicine and Health Literacy**  
**Graduate School of Medicine, Juntendo University**



# **Overview of Japan COVID-19 situation and the impact for occupational health based on SANPO Society survey**

- 1. Overview of Japan situation**
- 2. The impact for occupational health  
based on SANPO Society survey**
- 3. Workplace health promotion with  
CORONA, Challenge for the future**



Change →



← CORONA

**The world has completely changed.**





**Total Confirmed**  
**6,435,453**

Confirmed Cases by Country/Region/Sovereignty

1,839,167	US	
555,383	Brazil	
431,715	Russia	
281,264	United Kingdom	
240,326	Spain	
233,836	Italy	
216,314	India	
188,450	France	
184,121	Germany	
170,039	Peru	
165,555	Turkey	
160,696	Iran	
108,686	Chile	
97,326	Mexico	
94,021	Canada	
91,182	Saudi Arabia	
84,159	China	
PK AA 3	Pakistan	
Admin0	Admin1	Admin2



Global Deaths

**382,093**

106,553	deaths	US
39,811	deaths	United Kingdom
33,601	deaths	Italy
31,199	deaths	Brazil
28,943	deaths	France
27,128	deaths	Spain
10,637	deaths	Mexico
9,522	deaths	Belgium

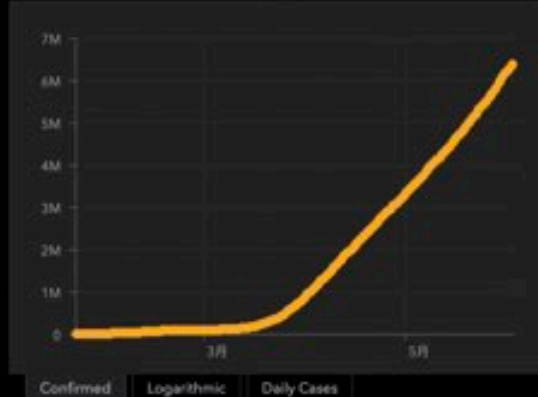
US State Level Deaths, Recovered

29,968	deaths, 66,262	recovered	New York US
11,880	deaths, 26,815	recovered	New Jersey US
7,085	deaths, 38,099	recovered	Massachusetts US
5,742	deaths, 48,838	recovered	Pennsylvania US
5,553	deaths, 38,099	recovered	Michigan US
5,525	deaths	recovered	Illinois US
4,320	deaths, 38,099	recovered	

Last Updated at (M/D/YYYY)  
6/4/2020 1:33:20 午前

188 countries/regions

Lancet Inf Dis Article: [Here](#), Mobile Version: [Here](#),  
Lead by JHU CSSE, Technical Support: [Epi Living Atlas](#) team and JHU APL. Financial Support: JHU and NSF. Click [here](#) to donate to the CSSE dashboard team, and other JHU COVID-19 Research Efforts. [FAQ](#). Read more in this [blog](#). [Contact US](#).



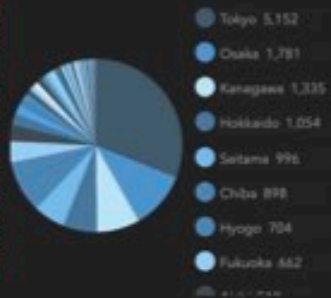
<https://gisanddata.maps.arcgis.com/apps/opsdashboard/>

# Coronavirus Cases in the world (today)

# Total Confirmed 16,605

Confirmed

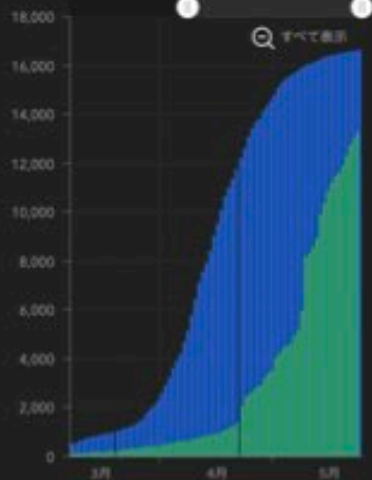
## Hospital Prefecture



Hospital prefecture

Residential prefecture

## Total Confirmed by date



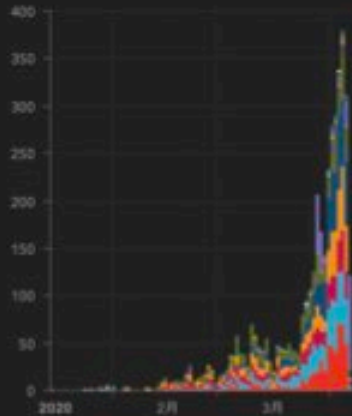
by date

by age

(Logarithm)

Daily

## Total confirmed trends by age



trends by gender

by age



The point is plotted by residential prefect. Cases of the "Diamond Princess" which stays in Tokushima Bay are not included in this map due to WHO policy.

Facebook

twitter

LINEで送る

最新情報  
おたのませ  
(Hachimazaki)

LINEで送る

## List of cases

No	16,605
Age	不明
Sex	Unknown
Diagnosis Date	5/24/2020
Hospital Prefecture	Kanagawa
Residential Prefecture	Kanagawa
Released by	Kanagawa Prefecture
Status	

[No(MHLW)]  
 [No (no symptoms)]  
 [No (symptoms)]  
 [No (Chacter Rights)]  
 [Source] [リンク先を渡す](#)  
 [Source2]  
 [Source3]

スクリーン

No	16,604
Age	不明
Sex	Unknown
Diagnosis Date	5/24/2020
Hospital Prefecture	Kanagawa
Residential Prefecture	Kanagawa
Released by	Kanagawa Prefecture
Status	

[No(MHLW)]  
 [No (no symptoms)]  
 [No (symptoms)]  
 [No (Chacter Rights)]  
 [Source] [リンク先を渡す](#)

Last Update (M/D/YYYY)

4/6/2020 20:43 (JST)

• This data is from WHO, Japanese Govt, EN's office, MHLW and each Prefecture.

• This map is made by ArcGIS Online. "Operations Dashboard for ArcGIS" by Esri. We, J-GIS, JAMSTEC, have a partnership alliance between Esri and Esri Japan.

<https://gis.jag-japan.com/covid19jp/>

# Coronavirus Cases in Japan (today)



# Japan confirms 1st case of infection with new coronavirus from China

KYODO NEWS - Jan 16, 2020 - 18:44 | All, Japan, Coronavirus



*(Medical workers wait for disinfection after medical aid on "suspected case" during anti-MERS drill at Qingdao Port on June 18, 2015 in Qingdao, Shandong province of China)[VCG/Getty/Kyodo]*

Jan 16, 2020

male, 30s  
who has traveled  
to Wuhan



<https://english.kyodonews.net/news/>

**first case in Japan**





Delays in immigration restrictions have been criticized.

@VIANHUE  
03-02-2020 LIMA, PERU

polandball.com

**Japan didn't have strict travel restrictions**



# 1st Japanese back from Wuhan; 5 taken to hospital with signs of flu

THE ASAHI SHIMBUN

January 29, 2020 at 14:45 JST

Share Tweet Print



A government-chartered aircraft parks at Tokyo's Haneda Airport on Jan. 29 after arriving from Wuhan, China. (Hiroyuki Yamamoto)

Returning employees from China was a serious issue for occupational health at the end of January.

<http://www.asahi.com/ajw/articles/AJ202001290044.html>

**29 Jan, Charter flight return from Wuhan**





**Diamond Princess, Infected 712, Dead 13**

## Shinzo Abe, Prime minister



March 2 School closures

March 12 Pandemic by WHO

**April 7 Emergency declaration**

April 16 Cloth mask delivery "Abenomask"

April 18 100,000yen handouts in cash

May 4 Extended Emergency declaration

**May 25 Lifting of the state of emergency**

# Responses of the Japanese government



Yuriko Koike, Governor of Tokyo

- 3つの「密」を避けて行
- 1 換気の悪い「密」閉空
  - 2 多くの人の「密」集す
  - 3 近距離での「密」接し

新型コロナウイルス感染症対策サイト  
<https://stopcovid19.metro.tokyo.lg.jp>



Tokyo alert movement

March 24 Olympic postponed

March 25 Stay-at-home requests

(mild-Rockdown)

March 30 Expand the capacity of PCR/beds

April 20 Financial support for company

May 26 Lifting of Stay-at-home requests

The road map for "new daily life"

Responses of the Tokyo city

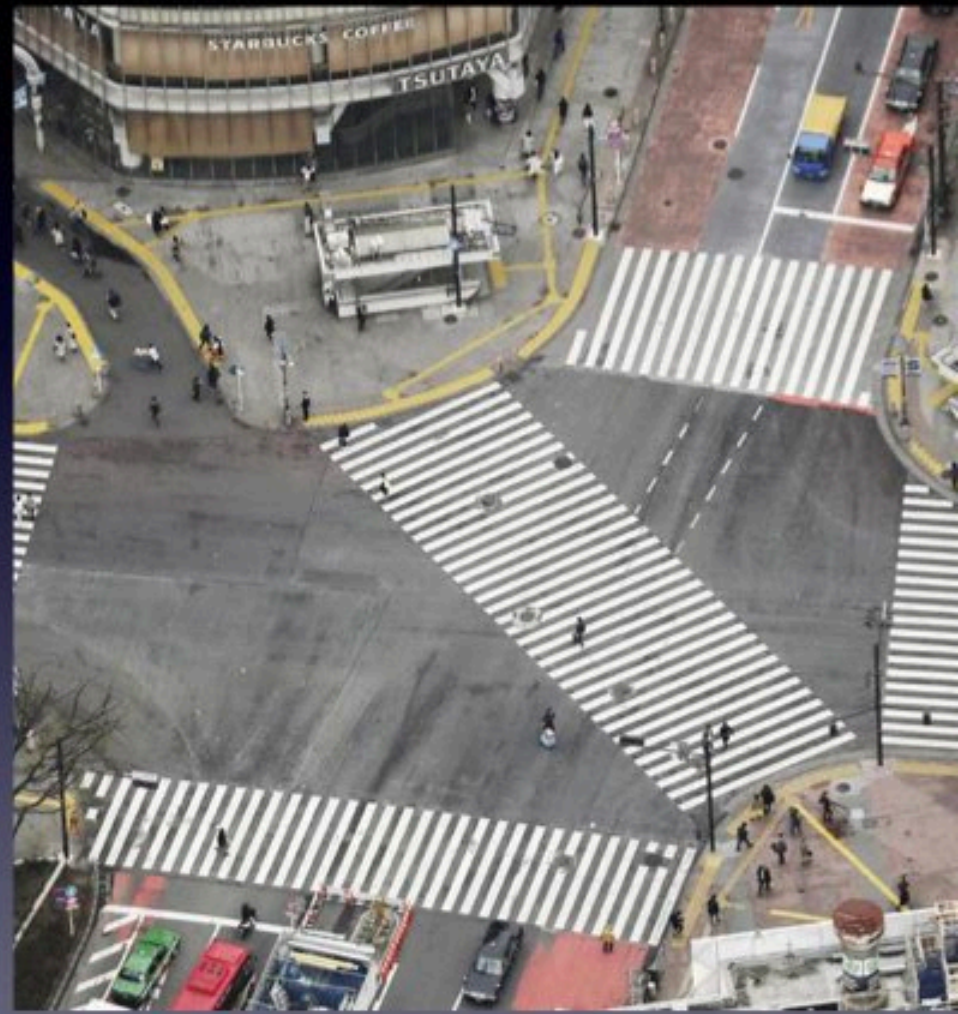




**before**



**after**



**Tokyo Shibuya Crossing**





**N95 mask fit test**



**10 PCR test capacity per day until March**





**Fever outpatient clinic opened in April**



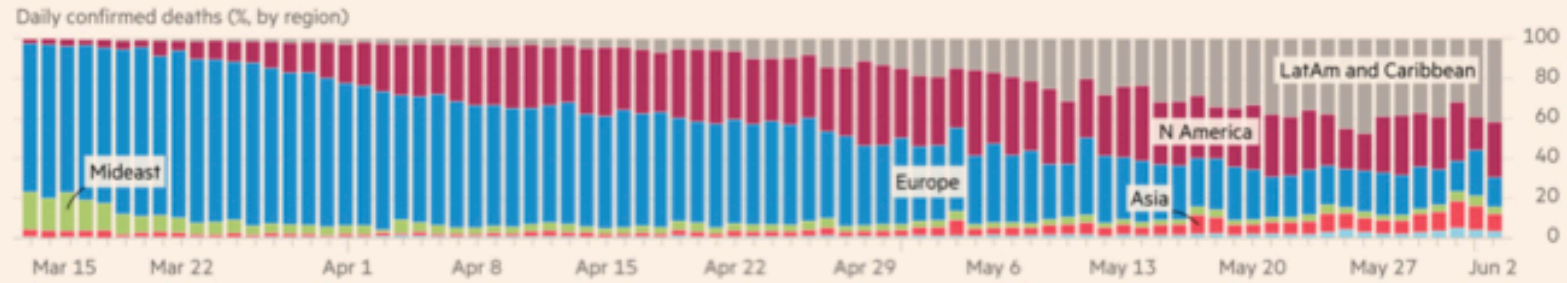
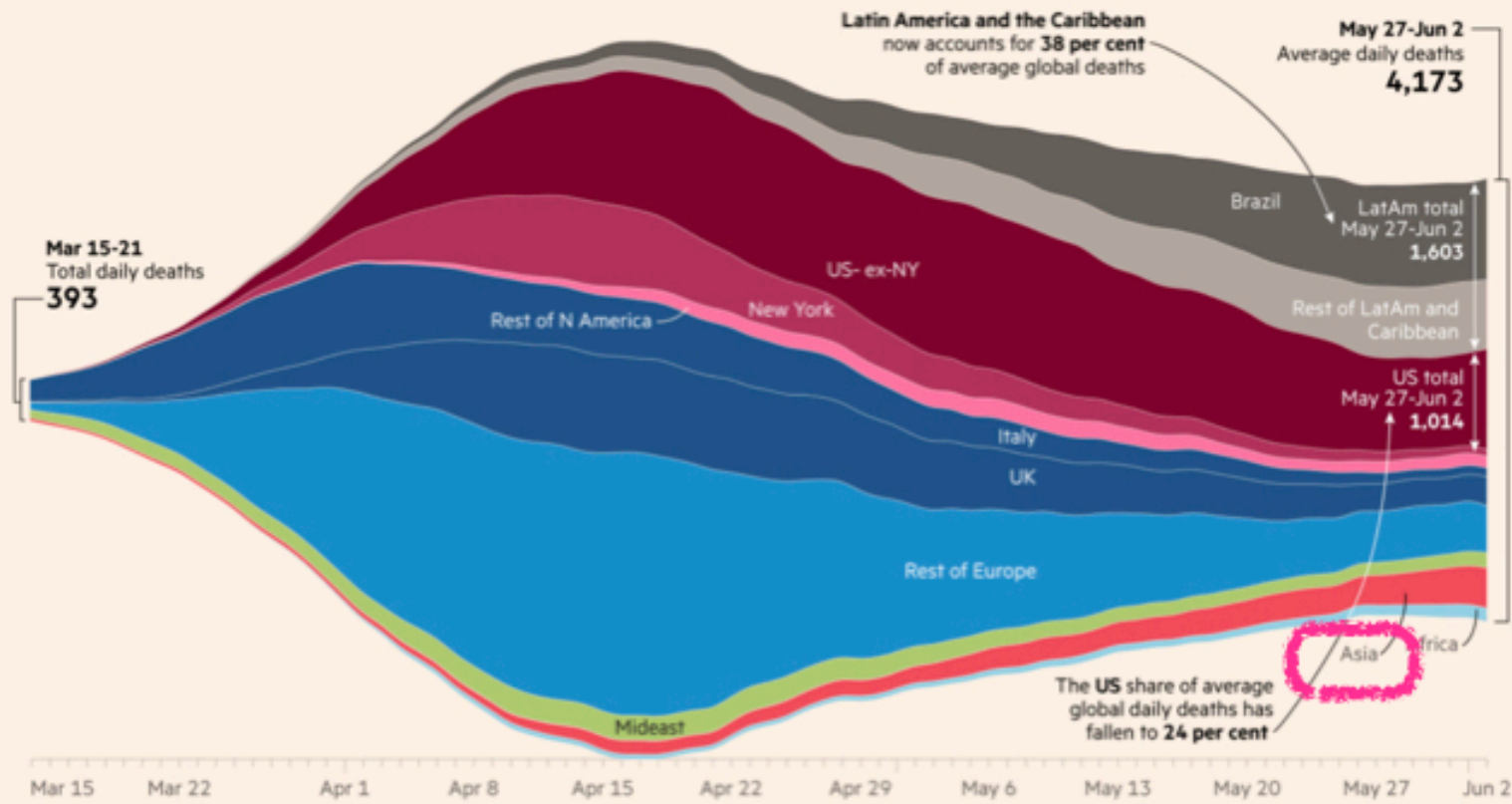


**Capacity improved to more than 40 PCR/day**



# Global Covid-19 death toll: Latin America offsets decline in Europe and the US

Daily deaths of patients diagnosed with coronavirus (7-day rolling average)

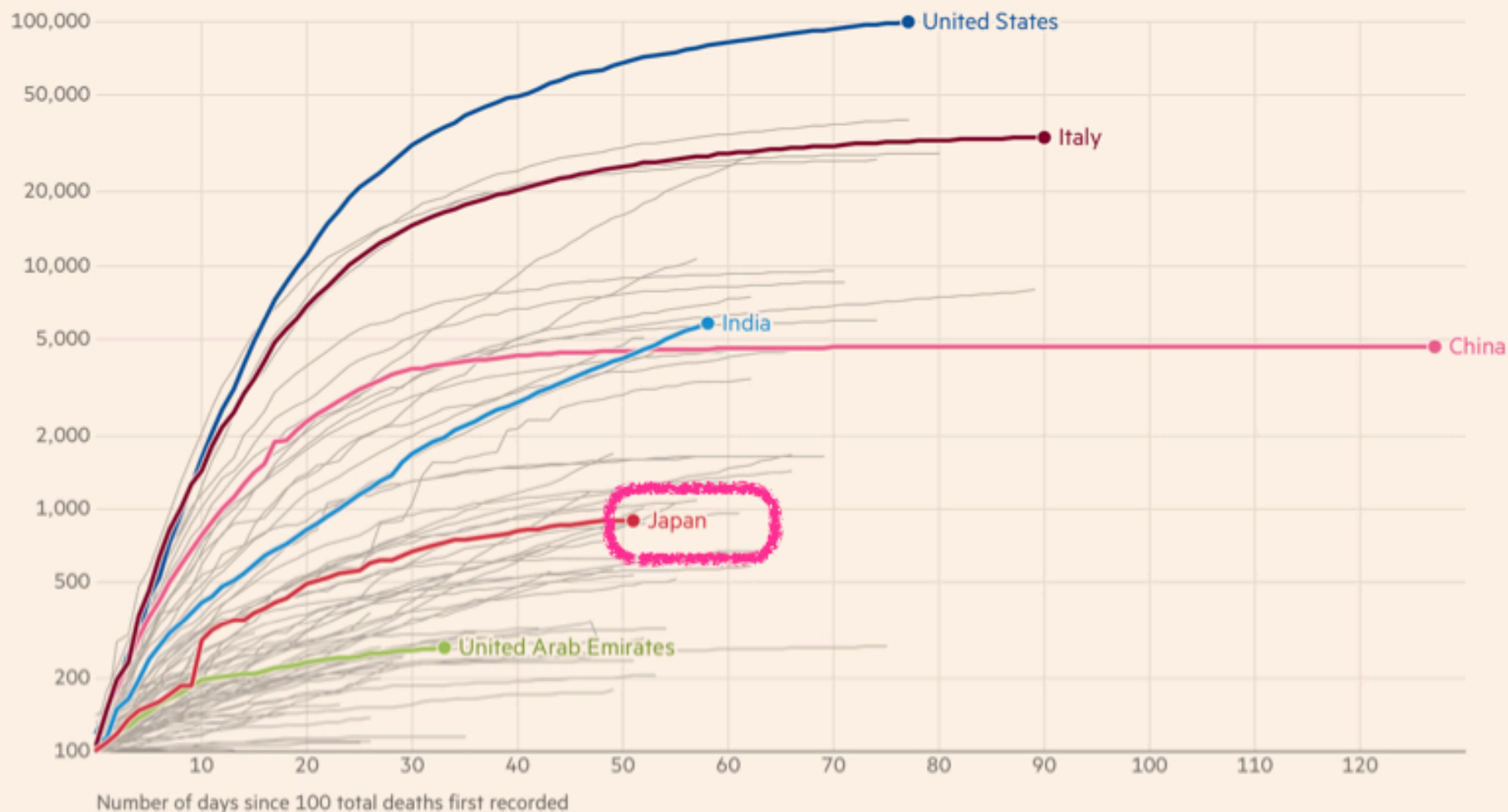


FT graphic: Steven Bernard / @sdbernard  
Source: FT analysis of ECDC and Covid Tracking Project data  
© FT

# Global Covid-19 death toll

# Cumulative deaths attributed to Covid-19 in United States, China, United Arab Emirates, India, Italy and Japan

Cumulative deaths, by number of days since 100 total deaths first recorded



Source: FT analysis of data from the European Centre for Disease Prevention and Control and the Covid Tracking Project. Data updated June 3 2020 6.14pm BST

# Cumulative deaths in Japan and others



# Why does Japan have so few cases of COVID-19?

Akiko Iwasaki  , Nathan D Grubaugh

[Author Information](#)

EMBO Mol Med (2020) 12: e12481 | <https://doi.org/10.15252/emmm.202012481>

 PDF

 Tools |  Share

**D**espite early exposure, its dense and aging population, and little social distancing measures, Japan reports low infection and low death from COVID-19. Here, we speculate on and discuss the possible reasons that may account for this anomaly.

There is a lot of interest brewing as to why Japan has such low numbers of confirmed infected cases of the COVID-19 disease, caused by the SARS-CoV-2 virus (Fig 1), despite its high population density (over 6,100 persons/sqkm in Tokyo, 2.4 times higher than New York City) and large percentage of high-risk individuals over 65 years of age (about 26%, compared with 15% in the USA). In Singapore and South Korea, strict quarantine rules and contact tracing have helped to “flatten the curve”. In South Korea, mass testing and quarantine measures appear to have reduced the rate of new cases. However, Japan has not engaged in expansive testing, contact tracing, or quarantine measures, yet is reporting a slow growth rate of infected persons and a death rate that is currently just 1/10<sup>th</sup> of world average. It is difficult to make sense of this paradox, however, because the number of tests per capita varies dramatically between countries. However, this low death rate cannot be simply explained by lack of testing or reporting, as no surge in death from respiratory syndromes has been reported in Japan.

- 1) Japanese customs and culture
- 2) Attenuated virus already infected
- 3) Few SARS-CoV-2 receptors
- 4) Strong histocompatibility antigen against SARS-CoV-2
- 5) BCG vaccination

<https://www.emboopress.org/doi/full/10.15252/>

**Why does Japan have so few death cases?**

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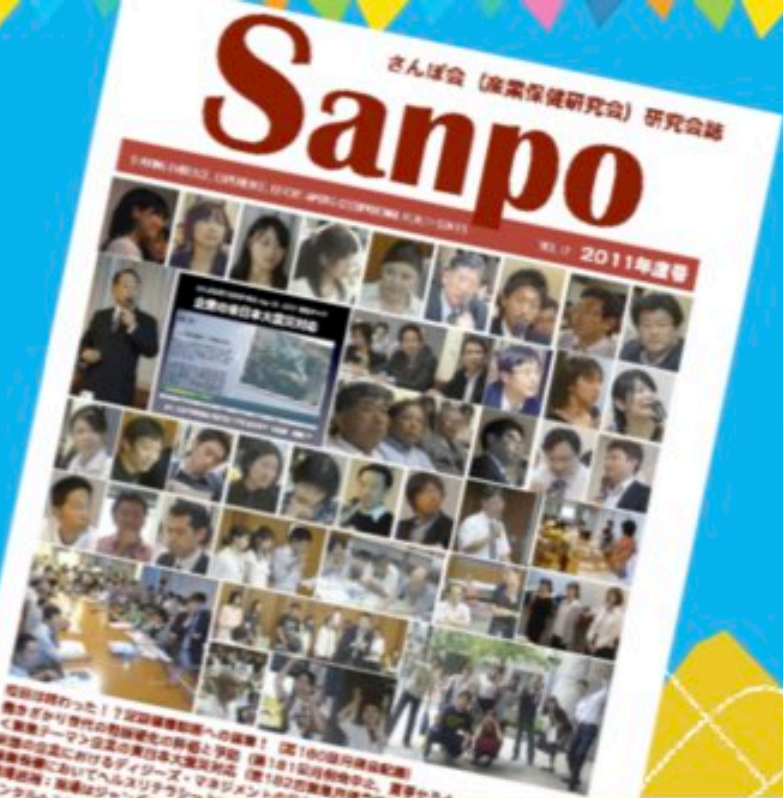


さんぽ会(産業保健研究会)

# SANPO-KAI

SHARING EVIDENCE, EXPERIENCE, EFFORT  
AMONG OCCUPATIONAL HEALTH STAFFS

さんぽ会は産業保健に携わるあらゆる職種や学生の方々が集まって  
研究、議論、発表しあつた経験を深める研究会です。



FACEBOOK ● フェイスブック

ABOUT US ● さんぽ会とは

JOIN US ● 入会申し込み

WITHDRAW ● 退会方法

あなたも参加しませんか？



こんなことをしています



最新の情報はFacebookから



## Multidisciplinary occupational health staff study group





Focus on  
corporate case  
studies and  
good practices  
rather than  
lectures

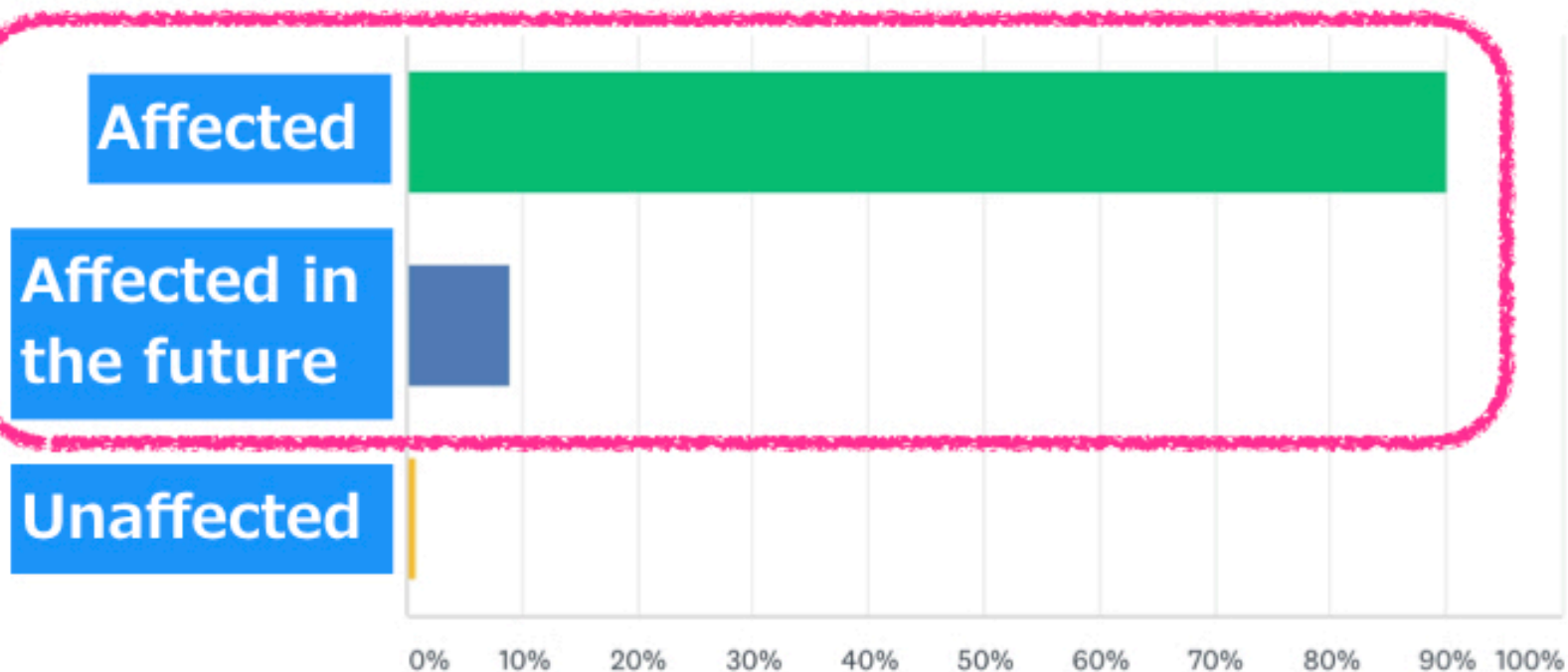
**SANPO = Occupational Health**





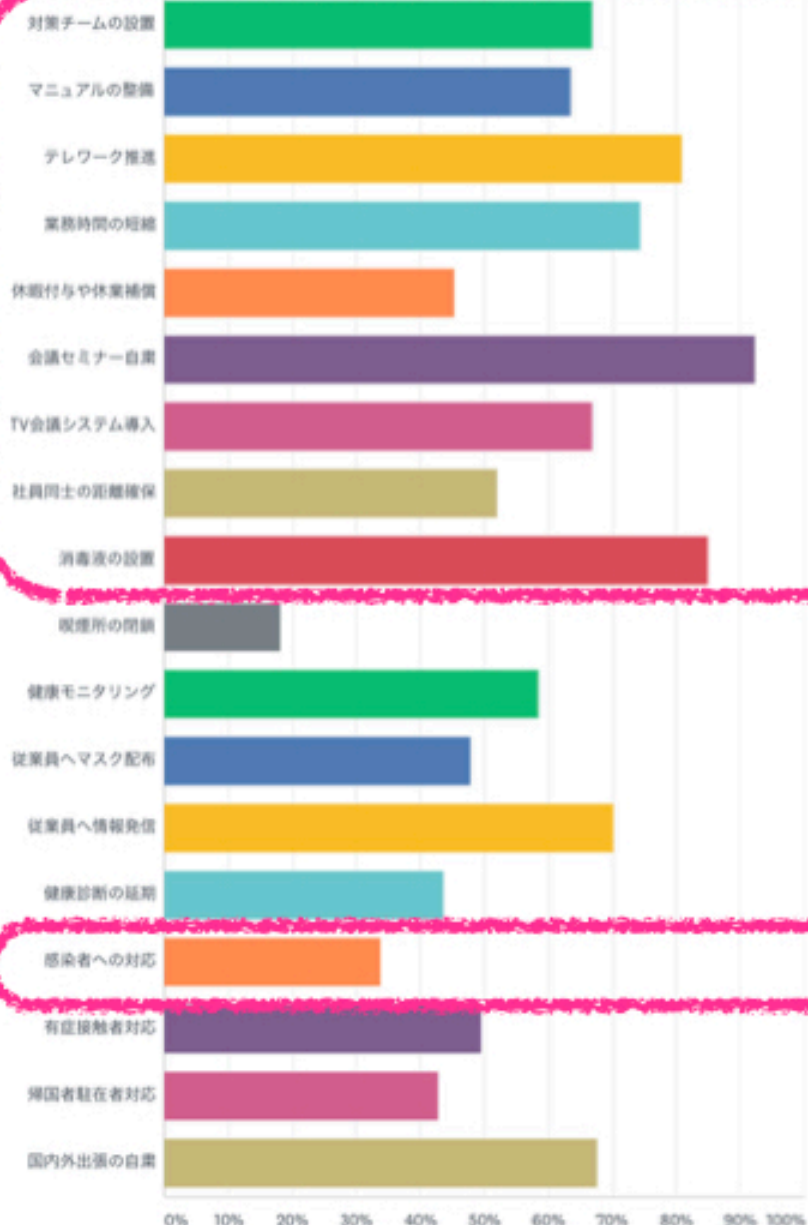
May 21, "Effects of COVID-19 pandemic on OH activities"

122 companies responded. Almost all companies in various industries and sizes were affected by COVID-19 pandemic in their operations and activities.



**Impact of COVID-19 on corporate activities**





Setting up a response team  
 Manual maintenance  
 Promotion of telework  
 Reduction of business hours  
 Compensation for leave  
 Self-restraint of meetings  
 Video conference system  
 Social distance  
 Installation of antiseptic solution  
 Smoking area closure  
 Health monitoring for employees  
 Mask distribution  
 Providing information  
 Postponing health checkups  
 Dealing with positive cases  
 Dealing with suspected cases  
 Response to returnees from abroad  
 Self-restraint for business trips

# Response/Countermeasure to COVID-19



# Concerns and troubles with COVID-19



This Week in Asia / Health & Environment

## Coronavirus: Japan's employees are working from home, but stress has followed them

- Prime Minister Shinzo Abe has called on companies to find ways to let employees work remotely and set a target of 70 per cent fewer commuters
- Firms can cut costs and employees don't need to commute, but 40 per cent of people said their mental health had been affected by teleworking



Julian Ryall

Published: 5:37pm, 13 Apr, 2020

Why you can trust SCMP

315



<https://www.scmp.com/week-asia/health-environment/article/3079646/>

# Teleworking stress

Wolf Kirsten 

受信 - リムネット 昨日 10

Return to Work strategies

宛先: Hiroshi Fukuda

Dear Dr. Hiroshi,

How are you doing in these challenging times? I hope you and your family are well. How is the situation in Japan? And is how is this affecting the workplace?

I am not sure if you saw the announcements on the webinars we have been running on COVID-19 and the impact on the workplace. Our last one focused on Working from Home: What is the Impact on Wellbeing? To view a short summary of the webinar along with links to presentation slides, webinar video recording and additional links to resources please visit: <https://www.globalhealthyworkplace.org/2020/05/07/webinar-summary-slides-video-recording-working-from-home-what-is-the-impact-on-wellbeing>.

Our next one 2 weeks will focus on returning to work. As you will know, we are working on ways to bring back employees back to the workplace and developing strategies. Workplaces will share their guidance resources like IOE, EU OSHA and strategies in Japan/Asia, if you could share any that would be helpful.

I look forward to hearing from you.

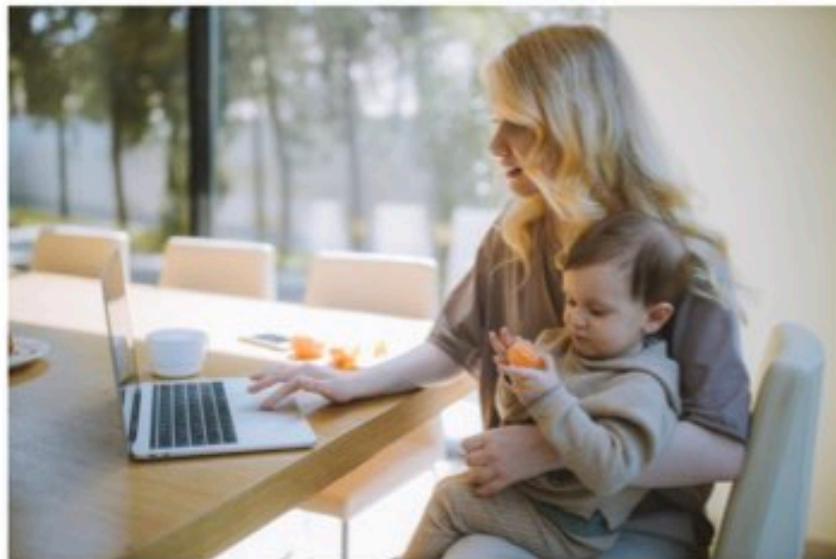
Best regards,  
Wolf



**Dr.Wolf emailed me about teleworking issues**



# Webinar Summary, Slides & Video Recording: Working from Home – What is the Impact on Wellbeing?



## GCHW/IES May 5 Webinar Summary

The coronavirus COVID-19 crisis has heralded a massive shift in working patterns for many employees across most of the developed world. The impact on employee health and wellbeing is not fully understood yet. However, the current [Institute for Employment Studies \(IES\) Working from Home Wellbeing survey](#) gives us a first glimpse. **Stephen Bevan**, Head of HR Research Development at UK-based IES reported on the data gathered from 850 respondents in the UK.

### Key findings include:

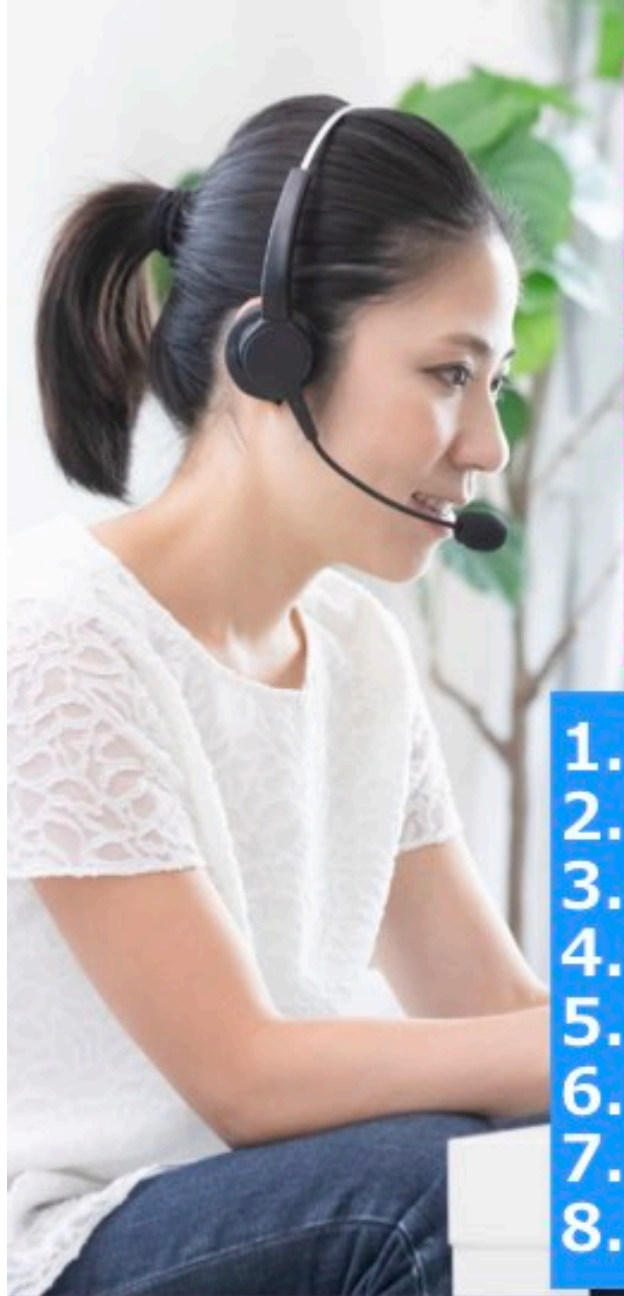
- After an initial major spike in musculoskeletal pain (50-60%) this has now trended lower, but still higher than before the crisis.
- A deterioration of diet and exercise with 20% of respondents admitting to an increase in alcohol consumption, 33% eating a less healthy diet, and 60% exercising less.
- Almost half (44%) report losing sleep due to worry and 42% report more fatigue than usual.
- 36% say work pressure is too much and 43% don't have enough time to get their work done.

## Recent Posts

- [Webinar Summary, Slides & Video Recording: Working from Home – What is the Impact on Wellbeing?](#)
- [Return to Work or Stay at Home Working?](#)

64% lost sleep  
58% neck/shoulder pain  
55% headache  
60% not active  
40% not waking up fresh  
20% lonely & isolated  
20% increased of alcohol  
60% less exercise  
33% eating less healthy  
48% working long

# Teleworking stress: British survey



1. Time savings of commuting
2. Working at her own pace
3. Leave from your nasty boss
4. Easy to break
5. Meals regularly
6. Easy to concentrate
7. Having time for family
8. Task is clear

1. VDT environment and work posture
2. Separation of work and private
3. Lack of communication
4. Lack of exercise
5. Irregular eating habits
6. Excessive information
7. Living environment
8. Difficulty in evaluating output

## **Teleworking: pros and cons**



テレワークを活用する企業・労働者の皆さまへ

# テレワークにおける 適切な労務管理のための ガイドライン

～情報通信技術を利用した事業場外勤務の適切な導入及び実施のためのガイドライン～

## 自宅等でテレワークを行う際の作業環境整備

**部屋** 設備の占める容積を除き、10㎡以上の空間

(参考条文：事務所衛生基準規則第2条)

**照明** ・机上は照度300ルクス以上とする

(参考条文：事務所衛生基準規則第10条)

**窓**

- ・窓などの換気設備を設ける
- ・ディスプレイに太陽光が入射する場合は、窓にブラインドやカーテンを設ける

(参考：事務所衛生基準規則第3条、情報機器作業における労働衛生管理のためのガイドライン)

**椅子**

- ・安定していて、簡単に移動できる
- ・座面の高さを調整できる
- ・傾きを調整できる背もたれがある
- ・肘掛けがある

(参考：情報機器作業における労働衛生管理のためのガイドライン)

**その他** 作業中の姿勢や、作業時間にも注意しましょう!



**室温・湿度**

- ・気流は0.5m/s以下で直接、継続してあ
- ・室温17℃～28℃
- ・相対湿度40%～70%となるよう努める

(参考条文：事務所衛生基準規則第5条)

**PC**

- ・ディスプレイは照度500ルクス以下
- ・輝度やコントラストが調整できる
- ・キーボードとディスプレイは分離してを調整できる
- ・操作しやすいマウスを使う

(参考：情報機器作業における労働衛生管理のためのガイドライン)

**机**

- ・必要なものが配置できる広さがある

## Guidelines for labor management in telework, MHLW

1. Environmental maintenance (VDT environment, stationery, desk, chair)
2. Work switch! Ingenuity
3. Active refreshing ・ Break every 30 minutes
4. Strengthen communication tools (ZOOM, etc.)
5. Physical condition management (weight, blood pressure → body temperature, sleep, stress…)
6. Online interview support for applicants

# OH Support for teleworking in the era with CORONA

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# 緊急事態宣言、全国39県で解除 東京など8都道府県も可能なら21日に解除=安倍首相

2020年5月14日 (木) 18時35分

シェア ツイート 47 ブックマーク 1 コメント 5件



安倍晋三首相(写真)は会見し、東京など8都道府県を除く全国39県で緊急事態宣言を解除すると正式発表した。都内の首相官邸で4月代表撮影(2020年 ロイター)

<https://www.newsweekjapan.jp/stories/world/2020/05/39821.php>

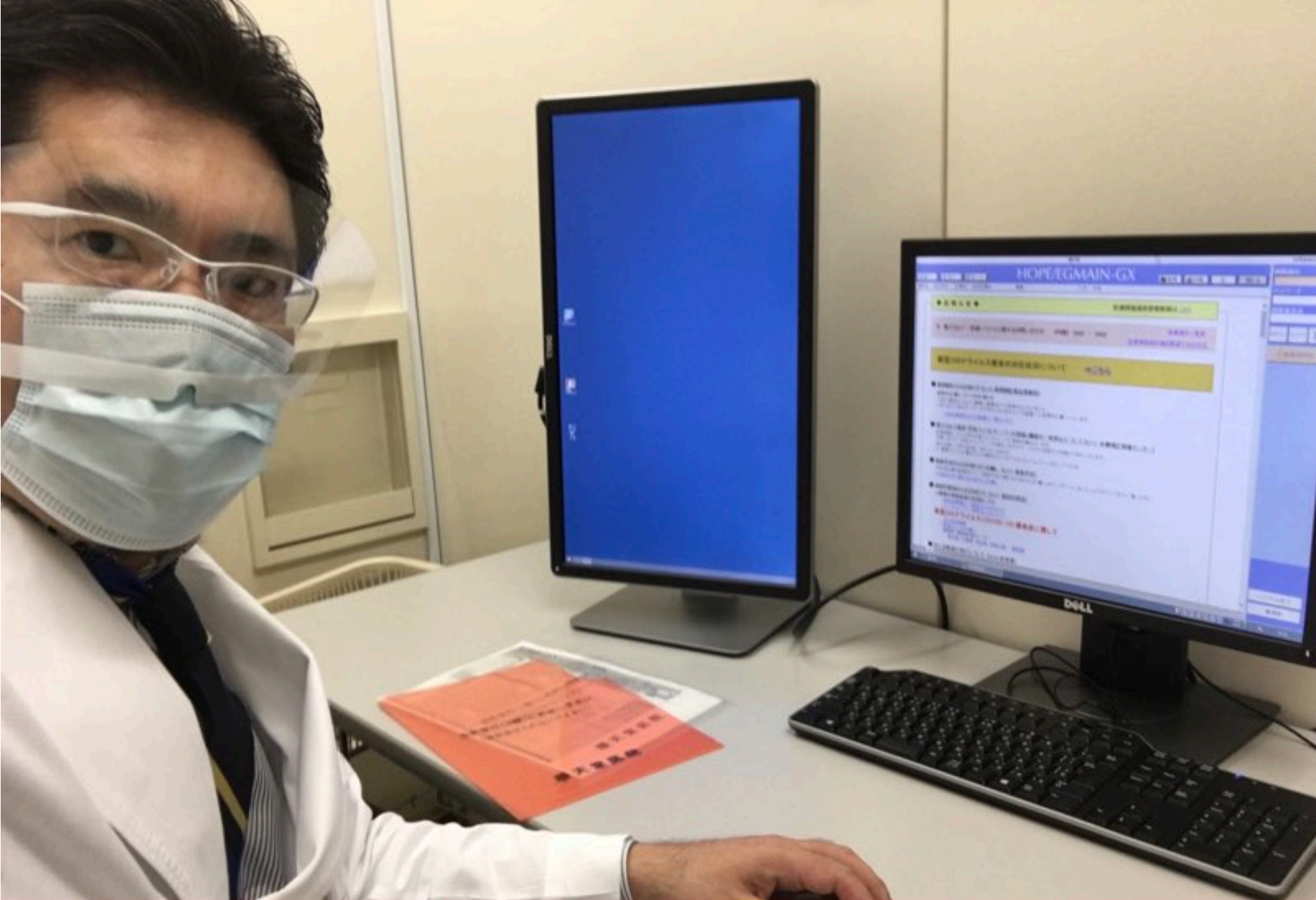
**May 25 Lifting of the state of emergency**



[https://www3.nhk.or.jp/news/special/coronavirus/view/detail/detail\\_08.html](https://www3.nhk.or.jp/news/special/coronavirus/view/detail/detail_08.html)

**“New normal” lifestyle proposed by the government**





**The meaning of wearing a mask has also changed**

# The Health & Productivity Stock Selection

- Since FY 2014, METI and the Tokyo Stock Exchange (TSE) have been conducting [the Health & Productivity Stock Selection](#).
- 26 companies are selected as the 2018 Health & Productivity Stock Selection.

## Selection Criteria

1. Enterprises ranking in the top 20% of all the enterprises that answered the Survey on Health and Productivity Management in terms of scores derived from the overall rating system
2. Enterprises whose ROE (return on equity) is at least 0%.

## Evaluation Framework

- [i] the positioning of health and productivity management in management philosophy and policies
- [ii] organized frameworks established for tackling health and productivity management
- [iii] specific systems established for ensuring health-conscious management as well as measures introduced for implementing them
- [iv] measures established for assessing and improving health and productivity management
- [v] adherence to laws and regulations and risk management



The 2018 Health & Productivity Stock Selection



**The Health & Productivity Management by METI**



# Certification & Qualification systems related to H&PM

- This program endeavors to highlight these outstanding enterprises engaged in efforts to advance H&PM and thereby aims to organize an environment in which such enterprises are able to gain enhanced public recognition, e.g., from employees, employment seekers, related enterprises and financial institutions, as organizations engaging in strategic H&PM program efforts for maintaining their employees' health from a management perspective.

## 【 Large Organizations 】

The Health & Productivity  
Stock Selection  
(At most 33 companies)



The Certified Health and Productivity  
Management Organization  
Recognition Program  
(White 500)  
(Goal : over 500 organizations)



Other large organizations

## 【 SMEs 】



The Certified Health and Productivity  
Management Organization  
Recognition Program



Organizations to engage in  
the Health-conscious Management Declaration  
(Goal : over 10,000 organizations)

Other SMEs

[https://www.meti.go.jp/policy/mono\\_info\\_service/healthcare/kenko\\_keiei.html](https://www.meti.go.jp/policy/mono_info_service/healthcare/kenko_keiei.html)

**The number of companies engaged in H&PM was increasing**

**2001**      **2006**      **2011**      **2016**      **2018**

**OHS**

**WHP**

**Occupational Physician  
Occupational Health Nurse  
Management/labor union**



In H&PM, improving the health literacy of an organization is a key factor for success. In WHP in the corona era, support for improving employee and organizational health literacy against unknown infectious diseases is very important.

**01**  
HEALTH LITERACY

**What is Health Literacy?**

Health literacy is "the ability of individuals to gain access to, understand and use their own health information" (Nutbeam, 1998). A person's health is known to be crucially dependent on healthier circumstances. Amid increasing health inequality, health literacy is said to be an effective cure for this issue. Developing and continuing to improve health literacy throughout your lifetime will protect the health of yourself, your previous family, and other people around you and give you strength to continue to work with energy. Health literacy is an asset that you can invest in yourself.

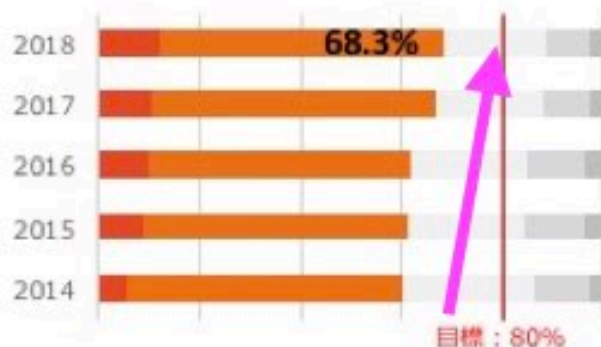


**The Health & Productivity Management by METI**



# Pre-post evaluation with Health Literacy

## gathering information



## selecting information



## judging information



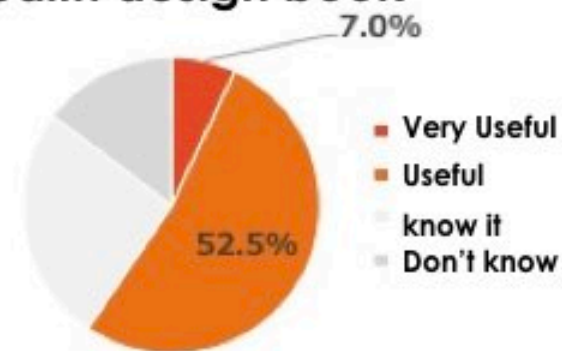
## sharing information



## decision-making



## Health design book

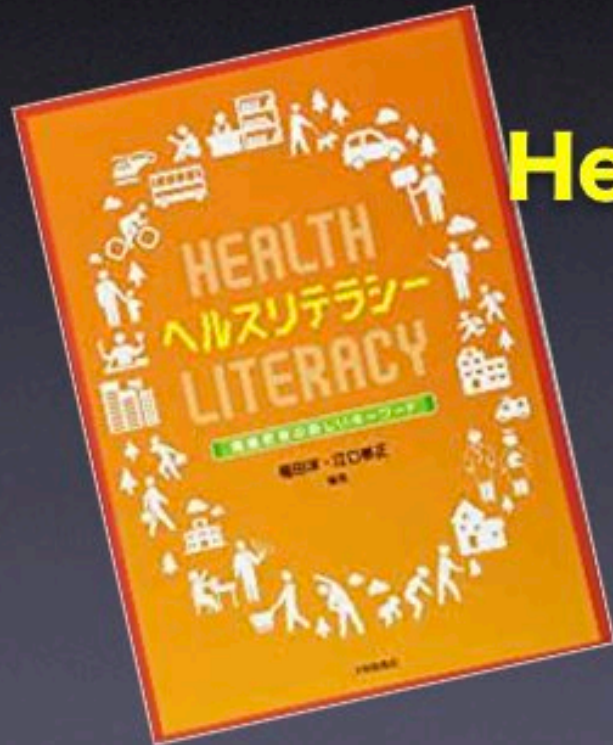


■ Strong agree ■ Don't agree

(2014-2018, Significance in Cochran-Armitage Test)

**Continuous WHP enhances Health Literacy**

It is important for employees do not blindly believe in media information, to improve their health literacy, and to discuss and consider whether they and their family and colleagues can be safe.



## Health Literacy





Thank you for  
your attention!

