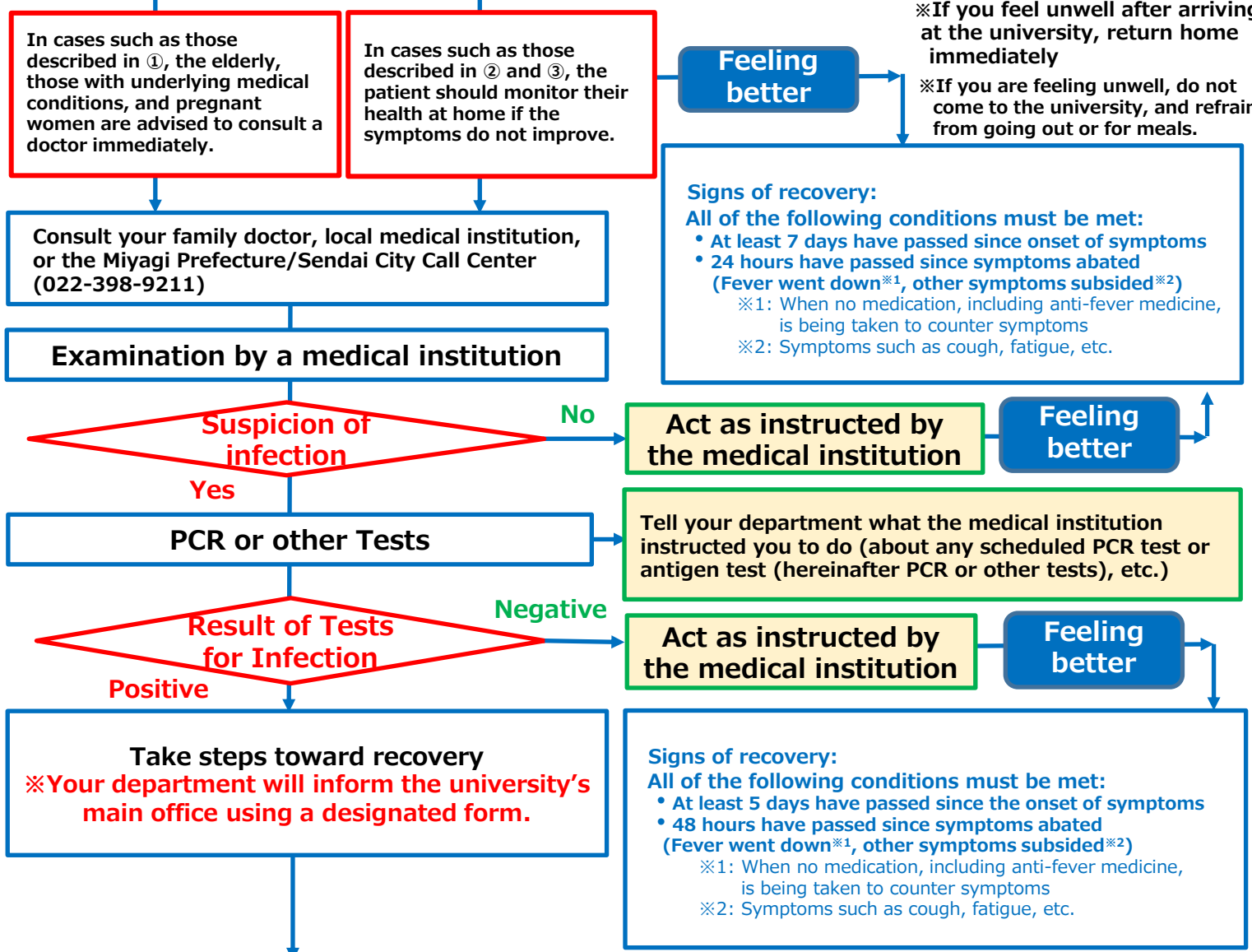


## Flow Chart of Measures to Combat the New Coronavirus (for those in poor health)

- ① Serious symptoms such as shortness of breath, fatigue, or high fever
- ② Symptoms of a cold such as a fever or cough (including relatively mild symptoms)
- ③ If you do not have a fever but feel unwell



**Guidelines for returning to work: Symptomatic Individuals**

- 7 days have passed since the onset of symptoms and 24 hours have passed since symptoms abated
- If you are hospitalized, 10 days must pass after the onset of symptoms and a final period of 72 hours must pass after symptoms abate before returning to work

◎During this 10 day period, there is a risk of the virus spreading to others. Therefore, pay close attention to your temperature and physical condition, wear a mask, only participate in online work activities, and do not eat meals with others. In addition, avoid contact with the elderly as well as other high-risk individuals. Avoid nonessential, non-emergency visits to high-risk institutions and areas. Avoid contact, direct conversations, etc. with others as much as possible and follow the voluntary measures to help prevent the spread of infection to the best of your abilities.

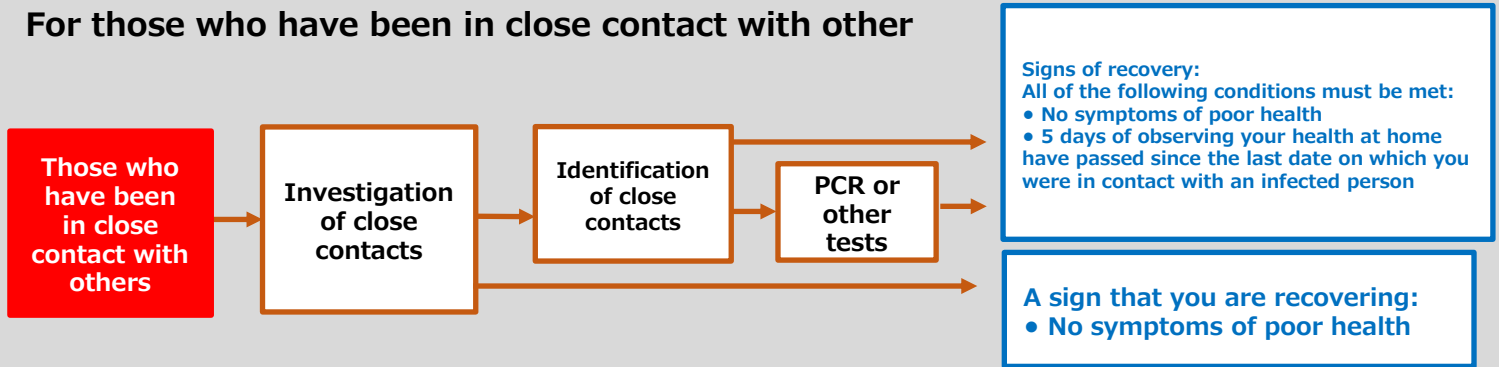
**(Reference) Guidelines for returning to work: Asymptomatic Individuals (i.e. individuals who tested positive but never experienced any symptoms)**

- 7 days have passed since taking the test which determined that you were positive for COVID-19
- If you take another test 5 days after testing positive and the test kit confirms you are negative for COVID-19, medical treatment can be lifted on Day 6.

※ Ensure that the test kit(s) you use have received regulatory approval for medical use.

◎During this 7 day period, there is still a risk of the virus spreading to others. Therefore, pay close attention to your temperature and physical condition, wear a mask, only participate in online work activities, and do not eat meals with others. In addition, avoid contact with the elderly as well as other high-risk individuals and avoid nonessential, non-emergency visits to high-risk institutions and areas. Avoid contact, direct conversations, etc. with others as much as possible and follow the voluntary measures to help prevent the spread of the infection to the best of your abilities.

## For those who have been in close contact with other



### Situations in which you are considered to have been in close contact with others:

- ① If you were in close contact with a person confirmed to be infected within the 2-day period before they displayed symptoms and your hands made contact and you had not taken the necessary preventive measures.
- ② If you were positioned face to face within an arm's length of each other (about 1 m) for 15 minutes or more and you did not take the necessary measures against infection.
- ③ If you live with someone who has tested positive or have spent a long time with someone who has tested positive (including on journeys by car or airplane, etc.) etc.

※Neither those who are being checked as to whether they are close contacts nor those who have been identified as not being close contacts are guaranteed to be completely clear of infection.

Please continue to monitor your health and follow measures to help prevent the spread of infection.

※ The above flow chart is mainly to show how to respond when you are in poor physical condition and does not apply if you have taken a PCR test, etc. in connection with your work or other functions.

※ Medical personnel should follow the rules set by their departments.

Contact for the Flow Chart:  
Center for Environmental Conservation and  
Research Safety ([anzen@grp.tohoku.ac.jp](mailto:anzen@grp.tohoku.ac.jp))