

Flow Chart of Measures to Combat COVID-19 (for those in poor health)

*Revised May 8, 2023

In cases when an individual is asymptomatic

In cases when an individual feels unwell...

and tests **positive** for COVID-19 (including when personal test kits, etc. are used)

and has not been examined at a medical institution, or has tested negative on a PCR test, or has not taken a test, etc.

A period of refraining from going out is recommended.

- Refrain from going out for a period of 5 days^{※2} from the day of onset, or 'Day 0'.^{※1}
- If symptoms persist on Day 5, monitor your health and **refrain from going out until 24 hours have passed since symptoms, such as fever, phlegm, sore throat, etc., abate.**

Seek medical consultation for severe symptoms.

※1 - If asymptomatic, the day of onset ('Day 0') is the day the positive test was taken.

※2 - If you have no choice but to go outside during this period, ensure that you have no symptoms and wear a mask while out.

Be considerate of those around you.

- Wear a mask and avoid contact with the elderly as well as other high-risk individuals for 10 days from the day of onset.
- If symptoms such as coughing or sneezing persist for longer than 10 days, continue to wear a mask and follow proper coughing etiquette, etc.

Employees

In line with the recommendation described above, refraining from coming to campus for work activities is recommended.

Students

Attendance is suspended until 5 days have passed since the onset of symptoms and 1 full day has passed since symptoms abated.

Students & Employees

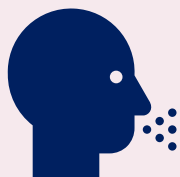
Recommendation: When experiencing symptoms, refrain from coming to campus for school/work activities.

Guidelines for returning to work:

Monitor your health and wait until symptoms have abated, i.e. until your fever goes down, and symptoms, such as phlegm, sore throat, etc., abate.

Let's continue to take precautions against infection

Maintain your health



Do not hesitate to take time off if you are ill

Wash your hands frequently



Wash your hands before eating, after using the restroom, and after returning home

Ventilate the room (Make sure fresh air can get in)



Be courteous when coughing



Cover your mouth and nose with a mask, tissue, handkerchief, or sleeve when coughing or sneezing

Be considerate of those around you

If you come into contact with elderly people or individuals with chronic illnesses who are at high risk of becoming gravely ill, be even more stringent in taking measures to help prevent the spread of infection