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

In cases such as those described in 1, the elderly, those with underlying medical conditions, and pregnant women are advised to consult a doctor immediately.

Consult your family doctor, local medical institution, or the Miyagi Prefecture/Sendai City Call Center

Suspicion of

infection

PCR or other Tests

Result of Tests

for Infection

instructions from the medical institution

Yes

In cases such as those described in 2 and 3, the patient should monitor their health at home if the symptoms do not improve.

***If you feel unwell after arriving** at the university, return home immediately

XIf you are feeling unwell, do not come to the university, and refrain from going out or for meals.

Signs of recovery:

Feeling

better

All of the following conditions must be met

- At least 8 days have passed since the onset of
- 72 hours have passed since your fever disappeared without the need for fever-reducing medicine
- There has been an improvement in symptoms such as coughing and fatigue

Examination by a medical institution No

Act as instructed by the medical institution Feeling better

Tell your department what the medical institution instructed you to do (about any scheduled PCR test or antigen test (hereinafter PCR or other tests), etc.) **XYour department will inform the university's main** office using a designated form.

Act as instructed by the medical institution

Feeling better

Positive Medical treatment in accordance with the Signs of recovery:

All of the following conditions must be met

- At least 5 days have passed since the onset of symptoms.
- 72 hours have passed since the disappearance of symptoms

For those who have been in close contact with other

Those who have been in close contact with others

(022 - 398 - 9211)

Investigation of close contacts by a public health center

Identification of close contacts by a public health center

Negative

PCR or other tests

Signs of recovery:

All of the following conditions must be met:

No symptoms of poor health

• 10 days of observing your health at home have passed since the last date on which you were in contact with an infected person

A sign that you are recovering:

No symptoms of poor health

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.)

*Neither those who are being checked by the health center 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.

Aside from not going out for unnecessary and non-urgent reasons, etc., to prevent others from becoming infected, those who are being checked as to whether they are close contacts should keep an eye on their own health at home until they have been cleared, and those who have been identified as not being close contacts should keep an eye on their own health for 14 days from the date of their last contact with an infected person.

- * 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.
- * If you receive a notification from the COVID-19 Contact-Confirming Application (COCOA) that you may have come into contact with someone who has tasted positive for COVID-19, please make contact immediately with a consultant as instructed by the app.

* 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)

新冠肺炎感染症之对策(身体不适时之应对方法等)流程图 1出现呼吸困难、极度倦怠、以及高烧等症状 ②出现发烧及咳嗽等感冒症狀(包括相对轻微的感冒症状) ③雖确认沒有发烧,但感觉身体不舒服 ※在校·出勤后,如感觉身体不适, 若出现上述①的情况, 若是上述②③ 的情况, 应立即回家。 恢复健康状态 老年人、有基础疾病的 应在家中进行健康观察, **※如果感觉身体不舒服,不要来** 校, 尽量避免外出和聚餐。 人和孕妇应立即: 若症状无好转 【可恢复正常生活的判断标准】 立即联系你的主治医·附近的医生、或当地医疗机构或 必须符合下列所有条件 宫城县/仙台市呼叫中心(022-398-9211)。 •确认感染并出现症状后,至少经过了8天。 退烧后的72个小时之内没有再服用退烧药 咳嗽、倦怠等症状呈改善倾向 在医疗机关接受诊断 无 日常行动应遵从医疗机构的 恢复健康状态 疑似感染 指示 有 ①实施PCR检查或抗原测定 接受PCR检查 ②将以上检查结果通报所在院系的对策本部。 ※所在院系将通过指定形式上报大学本部。 阴性 日常行动应遵从医疗机构 确认是否感染 恢复健康状态 的指示 阳性 【可恢复正常生活的判断标准】 遵从保健所的指示开始疗养 必须符合下列所有条件 ·出现流程图所示①②③症状后,至少已经过5天。 在没有服用包括退烧药等缓解症状药物的状态下,自症 状消失,已经过72小时。



【疑似与新冠患者有密切接触者】

- ①与核酸检测呈阳性并在其出现症状的两天前有接触者之中,没有采取必要的感染预防措施,与其有过经手接触
- ②与上述阳性患者处在伸手可及的范围(约1米),无任何感染预防措施,接触时间超过15分钟(如果是密闭空间则少于15分钟)
- ③与上述阳性者一起生活或有长时间的接触(包括各类机动车内、机舱内等等)

※正在接受保健所调查的密切接触者、以及尚未被确认为密切接触者的人,不能否定无感染可能。 因此,请务必减少不必要的外出,尽力防止传染他人。正在接受保健所调查的密切接触者,请务必在结果出来之前实行居家健康观察。 即使没有被认定为密切接触者,也需要自与感染者最后接触之日起实行为期14天的自我健康观察。

- ※本流程图旨在提示身体不适时之对应方法,若是与业务及各类活动相关之PCR检查,则不属于本流程图所示对象。
- ※如果您收到来自新冠病毒app(COCOA)的可能是密切接触者的通知,请立即与app所指示的相关单位联络。
- ※服务于医疗机构者,应遵从所属机构之所定规则进行应对。

【流程图联系方式】