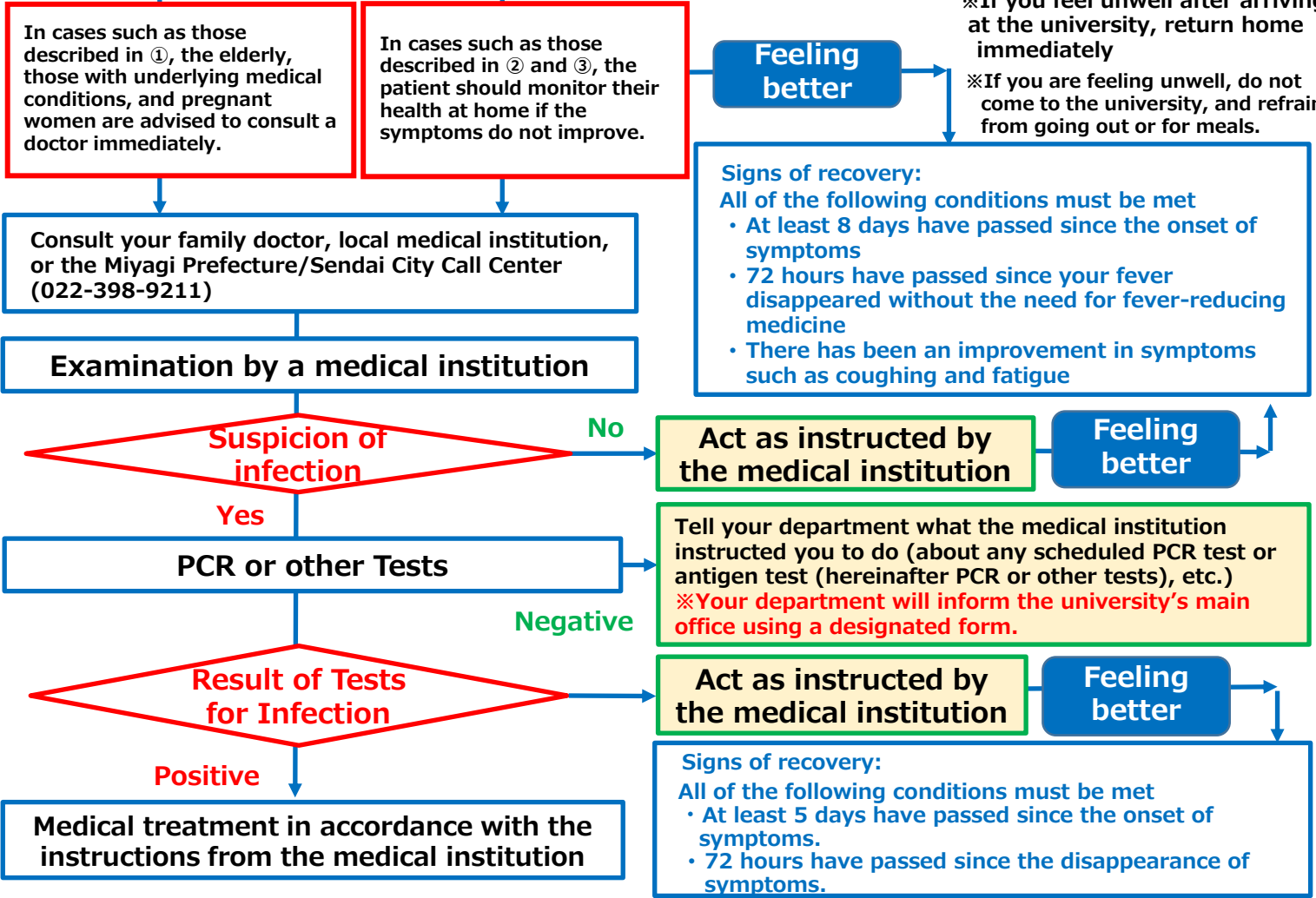
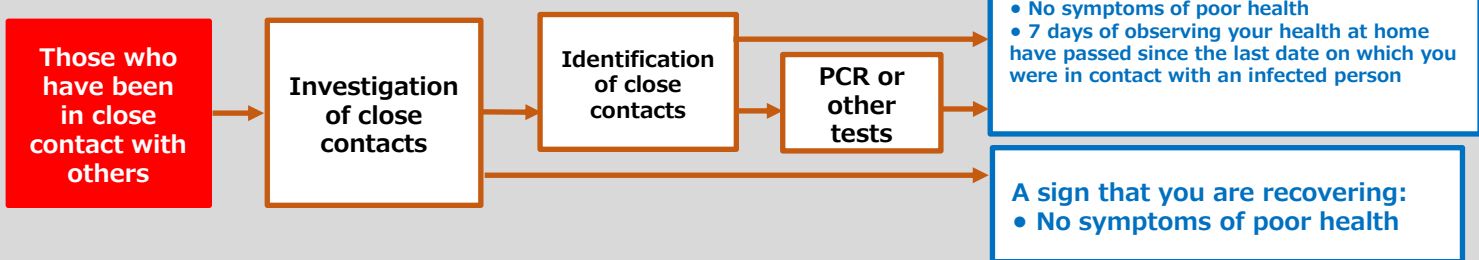


# Flow Chart of Measures to Combat the New Coronavirus (for those in poor health)

- 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



## 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. 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 on return to work.

※ 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 tested 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](mailto: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状（包括相对轻微的感冒症状）
- ③ 虽确认没有发烧，但感觉身体不舒服

若出现上述①的情况，  
老年人、有基础疾病的人  
和孕妇应立即：

若是上述②③的情况，  
应在家中进行健康观察，  
若症状无好转

※在校·出勤后，如感觉身体不适，  
应立即回家。

※如果感觉身体不舒服，不要来校，  
尽量避免外出和聚餐。

立即联系你的主治医·附近的医生、或当地医疗机构、  
或宫城县/仙台市呼叫中心（022-398-9211）。

在医疗机构接受诊断

疑似感染

无

日常行动应遵从医疗机构的  
指示

恢复健康状态

有

接受PCR检查

- ① 实施PCR检查或抗原测定
- 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。

确认是否感染

阴性

日常行动应遵从医疗机构的  
指示

恢复健康状态

阳性

遵从保健所的指示开始疗养

【可恢复正常生活的判断标准】  
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的流程图

疑似与新冠患者  
有密切接触者

对密切接触者实行  
调查

确定密切接触者  
等

进行PCR  
检测等

【可恢复正常生活的判断标准】

必须符合以下所有条件

- 没有出现身体不适等症状
- 与感染者最后接触之日起，已经过7天的居家健康观察。

【可恢复正常生活的判断标准】

• 没有出现身体不适等症状

【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等（包括各类机动车内、机舱内等等）

※正在接受调查的密切接触者、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。正在接受密切接触者调查的人，在结果出来之前实行居家健康观察。即使没有被确定为密切接触者，在恢复正常生活之后亦需持续对自身健康的观察。

※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】

人事企划部人事劳动科安全卫生管理股 anzen@grp.tohoku.ac.jp