

## 2. 接触者への留意事項

### (1) . 濃厚接触者該当あり【原則、自宅待機】

自宅待機；陽性者と最終接触した日から5日間は、自宅で健康観察（毎日朝晩に体温を測定し、症状の有無を記録）を実施する。

・体調不良の症状が現れた場合は、かかりつけ医または仙台市コールセンター（022-398-9211）に連絡する。ただし、7日間が経過するまでは、以下のことに留意する。

（自宅待機終了後の2日間、自宅待機はなし）

・健康観察を行い、体調不良時には出勤または登校を中止し、速やかに報告する。併せて速やかな医療機関の受診を推奨する。

・高齢者や基礎疾患を有する者等、感染した場合に重症化リスクの高い方（ハイリスク者）との接触やハイリスク者が多く入所・入院する高齢者・障害児者施設や医療機関（ハイリスク施設）への不要不急の訪問（受診を除く）、不特定多数の者が集まる飲食や大規模イベントの参加等の感染リスクの高い行動を控える。

・会議等はwebに変更する。

・他の人との接触・直接会話は極力、避けること。

・勤務中のマスク着用を徹底すること。（教職員の場合）

・マスク着用を徹底すること。（学生の場合）

・食事は、個別に摂り、換気に注意すること。

### (2) . 最終接触日より7日以上経過している場合

陽性者と最終接触した日から7日間以上経過しているため、以下の留意点を伝える。

・引き続き日常の体調管理に注意していただき、体調不良時には出勤または登校を控え、速やかに医療機関を受診する。

※陽性者と最終接触した日を0日目として起算します。

## **2. Important notices for those who have been in contact with someone who has tested positive**

### **(1) When you have been in close contact with someone who has tested positive (in principle, remain at home)**

- Remain at home. For 5 full days after your last contact with an individual who has tested positive, you should keep an eye on your health at home. (Measure your temperature every morning and evening and record the presence or absence of symptoms).
- If you start to feel poorly, contact your family doctor or the Miyagi/Sendai City Call Center (022-398-9211). However, until 7 days have passed, please observe all of the points below: (There is no need to stay at home for another 2 days after the five-day home quarantine period has ended.)
- Keep an eye on your health, refrain from coming to the university if you feel unwell, and promptly report the situation. It is recommended that you also promptly consult a medical institution.
- Avoid contact with those who are at high risk of becoming seriously ill if infected, such as the elderly and those with underlying conditions; avoid unnecessary and non-urgent visits to facilities for the elderly or for children with disabilities, where many who have been admitted/hospitalized are at a high risk of infection; and avoid unnecessary and non-urgent visits to medical institutions (excluding your own consultations). You should also refrain from activities where there is a high risk of becoming infected, such as participating in large events and dining in places where large numbers of people are likely to gather.
- Meetings, etc. should be attended via the Internet.
- Avoid contact and talking in person with other people as much as possible.
- Be consistent in wearing a mask while working. (This applies to employees)
- Be consistent in wearing a mask. (This applies to students)
- Dine by yourself and pay attention to ventilation.

### **(2) If more than 7 days have passed since your last contact with someone who has tested positive**

When more than 7 full days have passed since the date of your last contact with someone who has tested positive, you should observe the following:

- Please continue to keep an eye on your health on a daily basis, refrain from coming to the university if you feel unwell, and promptly consult a medical institution.

Note: The day of your last contact with someone who has tested positive is counted as Day Zero.