

# FOR THE ONE DIAGNOSED WITH COVID-19

You will be contacted by the public health center of your residence.

The points to be noted are summarized as follows.

## ISOLATION PERIOD

### 1. If you have some symptoms

10 days have passed since the onset, and 72 hours have passed since the symptoms were alleviated  
 or if you received PCR tests twice with at least 24 hours interval after you alleviated and the results are both negative

→  isolation over

### 2. If you have no symptoms

7 days have passed since the PCR test →  isolation over

## CLOSE CONTACTS

### What is close contact?

The people who had contacted with you in the period before the isolation from 2 days before the onset if you are symptomatic or from 2 days before the test if you are asymptomatic, and have any of below condition.

cohabitants

long-term contact including in aircraft and cars

close contact within 1 m and over 15 minutes without mask.

If you are diagnosed with COVID-19, please notice your close contacts ①observe health condition carefully ②strive for infection prevention ③stay home for 5 days from the day after contact

④please report to the university that you were determined close contact

## REPORT TO THE UNIVERSITY

Please send an Email to university health center. Email: [hokesen@ad.hit-u.ac.jp](mailto:hokesen@ad.hit-u.ac.jp)

For class, exams, report etc. please contact the teachers directory.

# FOR THOSE WHO ARE JUDGED TO BE CLOSE CONTACT

Please be noted as follows

## HOME ISOLATION PERIOD

Stay home for 5 days from the day after contact. Or take antigen test on 2nd and 3rd days and the results are both negative, isolation over.

## HOW TO SPEND THAT TIME?

To prevent the spread of the infection, avoid unnecessary and unurgent going out. Please don't come to the campus and stop club activities.

If it is an avoidable, please wear the mask.

Minimize the grocery shopping and avoid crowds, make it short time.

Carefully observe your health condition everyday, check your body temperature. If you have a fever, cough, sore throat etc. please contact;

TOKYO CORONA VIRUS SUPPORT CENTETR (TOCOS) 0120-296-004 (Toll free) 10:00 to 17:00

or TOKYO TO HATSUNETSU SODAN CENTER (Japanese only) 03-5320-4592 or 03-6258-5780

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