

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.