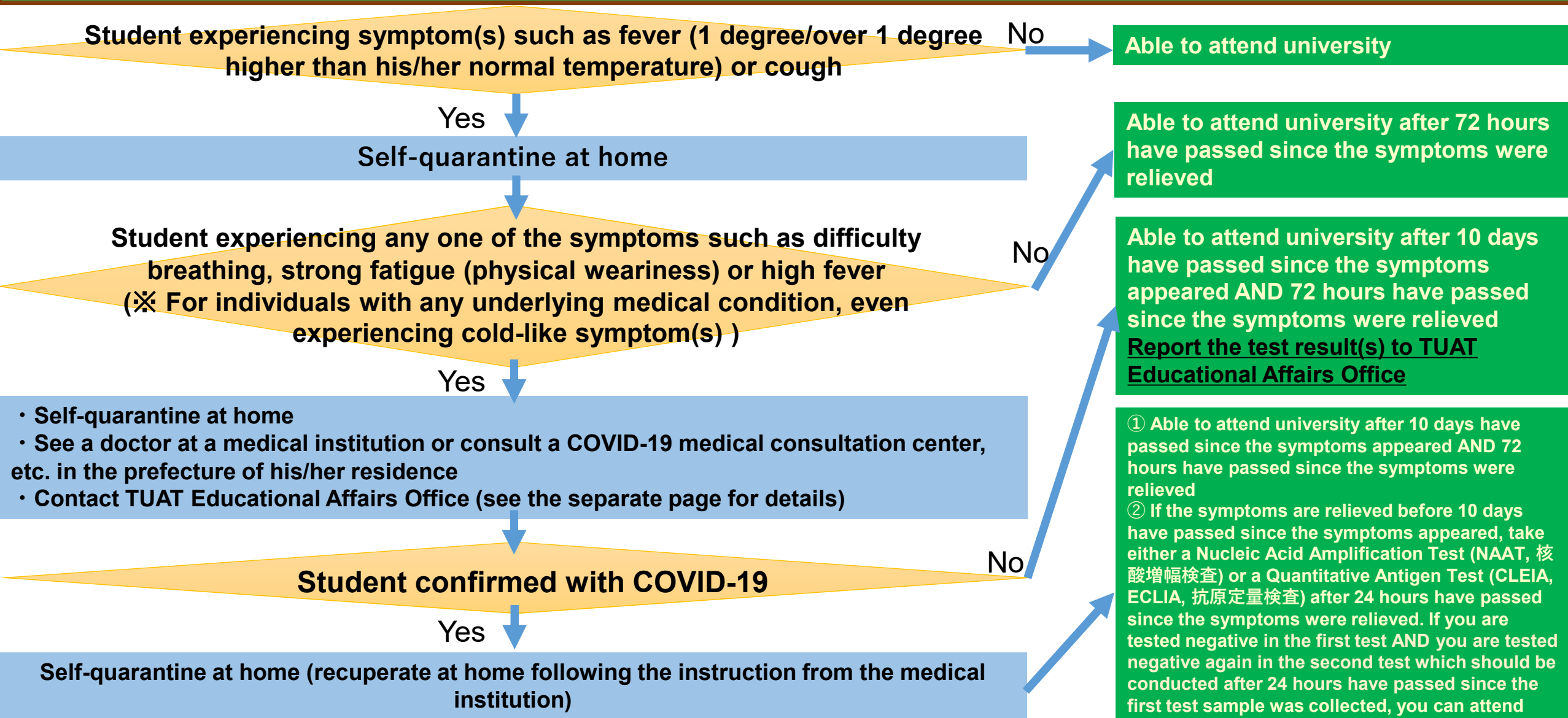
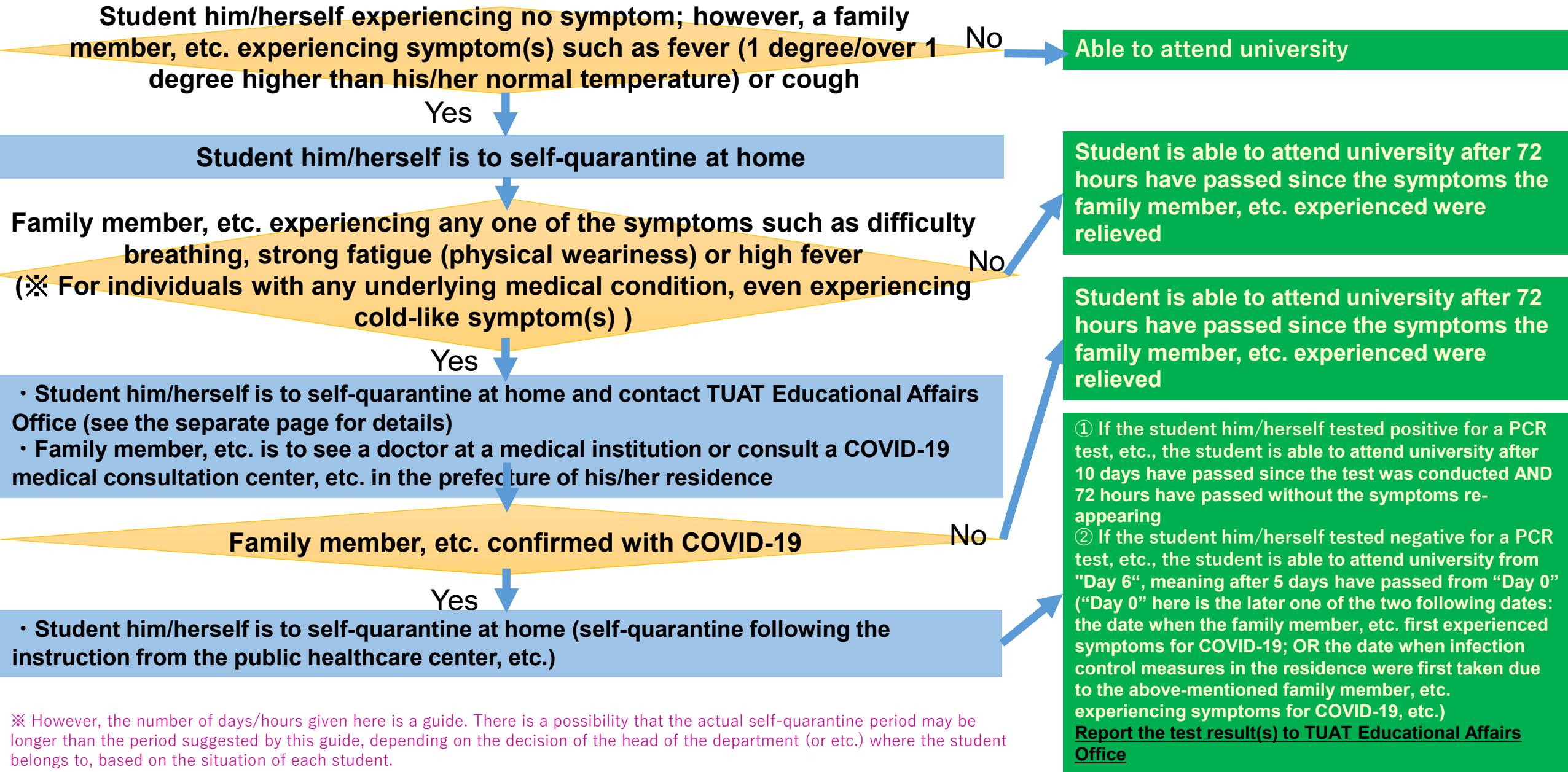


Self-Quarantine Guide When Student Him/Herself is in Poor Physical Condition



※ However, the number of days/hours given here is a guide. There is a possibility that the actual self-quarantine period may be longer than the period suggested by this guide, depending on the decision of the head of the department (or etc.) where the student belongs to, based on the situation of each student.

Self-Quarantine Guide When Student's Family Member, etc. is in Poor Physical Condition



※ However, the number of days/hours given here is a guide. There is a possibility that the actual self-quarantine period may be longer than the period suggested by this guide, depending on the decision of the head of the department (or etc.) where the student belongs to, based on the situation of each student.

Be Aware of COVID-19 Transmission!

- Avoid the “Three Cs” (closed spaces, crowded places, and close-contact settings). *Especially, pay attention to ventilation
- Be sure to wear a mask and wash/disinfect your hands on a daily basis.
- Refrain from conversation in the following conditions: while facing each other, in a close distance, or with a loud voice.
- Refrain from gathering to eat or drink with others regardless of whether they belong to TUAT or not; OR whether it is in a restaurant or in someone’s private house/residence, etc.
- Stay home and take rest if you experience any cold-like symptoms such as fever, cough, sore throat or runny nose.

**If you become infected with COVID-19 ※¹,
OR identified as a close contact to a COVID-19
positive individual ※²,
please contact the following.**

※¹ Including suspected infection cases with COVID-19

※² <<Definition of a close contact>> according to the website of Tokyo Metropolitan Government
Those who had contact with a person who is confirmed with COVID-19 during the time when the infected person was possibly infectious (from 2 days before the infected person begins having symptoms, etc.) AND if engaged in one of the following activities:

1. Lives together or had long-term contact with the infected person (including inside a car, plane, etc.)
2. Gave medical care or medical/physical assistance to the infected person without appropriate infection protection equipment
3. Was at high risk of direct contact with the infected person's respiratory secretions or bodily fluids, etc.
4. Had contact with the infected person within arm's reach (about 1 meter), without necessary infection prevention measures, for 15 minutes or longer

◎For general questions or concerns about COVID-19 transmission, you can also contact the following.

◎If one belonging to a laboratory, etc. is confirmed with COVID-19, Educational Affairs Office/General Affairs Office will provide instruction/guidelines to him/her through the office responsible for the student/staff confirmed with COVID-19.

[Contact] Please report via the following Google form, as a general rule.

<Report on Google Forms>

<https://forms.gle/x7TN85zxEATLghmZ6>

<Phone>

- Students: 042-367-5537 (Educational Affairs Office)

- Teaching/Administrative staff: 042-367-5933 (General Affairs Office - Environmental Safety and Management Office)

*During non-office hours (on weekends/holidays or on weekdays 17:15 - 8:30): 042-367-5504 (Security Office) (for international students: 070-4445-0097)

