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

Student experiencing symptom(s) such as fever (1 degree/over 1 degree No higher than his/her normal temperature) or cough

Yes

Self-quarantine at home

Student experiencing any one of the symptoms such as difficulty breathing, strong fatigue (physical weariness) or high fever (※ For individuals with any underlying medical condition, even experiencing cold-like symptom(s))

Yes

- Self-quarantine at home
- See a doctor at a medical institution or consult a COVID-19 medical consultation center, etc. in the prefecture of his/her residence
- · Contact TUAT Educational Affairs Office (see the separate page for details)

**Student confirmed with COVID-19** 

Yes

Self-quarantine at home (recuperate at home following the instruction from the medical institution)

\*\* 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.

Able to attend university

Able to attend university after 72 hours have passed since the symptoms were relieved

Able to attend university after 10 days have passed since the symptoms appeared AND 72 hours have passed since the symptoms were relieved Report the test result(s) to TUAT Educational Affairs Office

① Able to attend university after 10 days have passed since the symptoms appeared AND 72 hours have passed since the symptoms were relieved

No

② If the symptoms are relieved before 10 days have passed since the symptoms appeared, take either a Nucleic Acid Amplification Test (NAAT, 核酸增幅検査) or a Quantitative Antigen Test (CLEIA, ECLIA, 抗原定量検査) after 24 hours have passed since the symptoms were relieved. If you are tested negative in the first test AND you are tested negative again in the second test which should be conducted after 24 hours have passed since the first test sample was collected, you can attend university.

Report the test result(s) to TUAT Educational Affairs Office

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

Student him/herself experiencing no symptom; however, a family member, etc. experiencing symptom(s) such as fever (1 degree/over 1 degree higher than his/her normal temperature) or cough

No

Able to attend university

Yes

Student him/herself is to self-quarantine at home

Family member, etc. experiencing any one of the symptoms such as difficulty breathing, strong fatigue (physical weariness) or high fever No (\*\* For individuals with any underlying medical condition, even experiencing cold-like symptom(s))

Yes

- Student him/herself is to self-quarantine at home and contact TUAT Educational Affairs Office (see the separate page for details)
- Family member, etc. is to see a doctor at a medical institution or consult a COVID-19 medical consultation center, etc. in the prefecture of his/her residence

Family member, etc. confirmed with COVID-19

No

Office

Yes

• Student him/herself is to self-quarantine at home (self-quarantine following the instruction from the public healthcare center, etc.)

\*\* 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.

Student is able to attend university after 72 hours have passed since the symptoms the family member, etc. experienced were relieved

Student is able to attend university after 72 hours have passed since the symptoms the family member, etc. experienced were relieved

- ① If the student him/herself tested positive for a PCR test, etc., the student is able to attend university after 10 days have passed since the test was conducted AND 72 hours have passed without the symptoms reappearing
- ② If the student him/herself tested negative for a PCR test, etc., the student is able to attend university from "Day 6", meaning after 5 days have passed from "Day 0" ("Day 0" here is the later one of the two following dates: the date when the family member, etc. first experienced symptoms for COVID-19; OR the date when infection control measures in the residence were first taken due to the above-mentioned family member, etc. experiencing symptoms for COVID-19, etc.)
  Report the test result(s) to TUAT Educational Affairs

## 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 <sup>×1</sup>, OR identified as a close contact to a COVID-19 positive individual <sup>×2</sup>, please contact the following.

- X1 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)

