

Guidelines to Prevent the Spread of COVID-19

(For all UTokyo students, faculty and staff)

All UTokyo members are requested to follow the below guidelines to make the university campus a safe place to conduct research and educational activities.

[IMPORTANT]

Be sure to measure your temperature on the day you plan to come to the university. Please refrain from coming on-campus if you feel unwell, such as feeling tired or feverish. We recommend that you continue to fill out the following website for your health management.

[UTokyo Komaba I Campus] Health Management Report Form / COVID-19 Infection Report Form:
<https://select-type.com/rsv/?id=kDRuRchp5l4>

1. Everyday precautions

(1) Implementation of basic infection control measures

- Wash hands diligently and disinfect fingers, avoid the 3Cs.
- Wear masks properly (non-woven fabric mask is recommended)
- Masks do not need to be worn outdoors if an appropriate distance can be maintained from others, or if not, so long as you are not having a conversation with each other.



(2) On campus

Open windows and doors of classrooms, etc. to keep them well ventilated.

- To avoid crowding, maintain a social distance from the person you are sitting next to in the classroom, etc.
- In the dining hall, avoid sitting face-to-face and refrain from talking while eating.
- When using shared spaces, such as the dining halls, libraries, and common rooms, remember to wash your hands and use hand sanitizer frequently.



(3) Going out and holidays

- Regarding the cases of infection on campus, many cases have been caused by having meals and drinking parties. Cases of infection spreading from asymptomatic persons have also been reported. When having meals as a group, refer to the standards set by the local government, keep the number of people down, and always wear a mask when talking.

2. If you get infected with the novel coronavirus

Report to the contact person of your department immediately.

Be ready to provide information on:

- Time of onset, symptoms, and the date you tested positive
- Cause of infection, circumstances
- Instructions from the public health center, consultation center or medical institution to you and others
- Record of your activities on campus **for the 2-days before the onset and 2-days prior to** when the sample that tested positive for the coronavirus was collected (places you visited, people with whom you had contact)
- Public health center, consultation center, medical institution you consulted (name, staff in charge, contact details)

<Ending isolation ▪ self-quarantine in the event you tested positive>

- Make sure to follow the instructions from the public health center when they contact you.
- Even if you do not receive explicit instructions from the public health center,
[If symptomatic] The patient can be cleared of isolation without another test if they meet the following requirements:
1) 10 or more days since the first day with symptoms and 2) 72 hours since your recovery.
[If asymptomatic] **7 days after the date of sample collection.**
[Cases in which an asymptomatic person develops symptoms] 1) 10 or more days since the first day with symptoms and
2) 72 hours since your recovery.

*Criteria for ending medical treatment are subject to change. For details, please refer to the attached Ministry of Health, Labor and Welfare "Close contact with someone with COVID-19". Please check the latest information from the Ministry of Health, Labor and Welfare website.

3. If you are a close contact or suspected of being a close contact

(1) If you are considered a close contact of a person with COVID-19

- Quarantine at home and make sure to follow the instructions from the public health center when they contact you.
- Report to the contact person of your department immediately.
- Even if you do not receive explicit instructions from the public health center, you basically will have to remain 5 days at home, etc., with the day of the last contact with the infected person as day zero (0). During that time, pay close attention to your health condition by measuring your body temperature every morning and night, and if you have any of strong symptoms such as dyspnea (dyspnea), strong fatigue (malaise), or high fever, please consult with your family doctor or contact point that is listed in your local government's website. If you find out that you are infected with the coronavirus following your consultation, please report it to the contact point of your department. If a negative result is confirmed on the 2nd and 3rd days from tests at a medical institution or a test using an antigen qualitative test kit(*), you may return to school or work from the 3rd day but only limited to cases where there is an unavoidable work or educational reasons once you have reported to the contact point of the department to which you belong. However, in either cases, you should continue to check your health condition by measuring the temperature, and take measures against infection by avoiding high-risk places, eating meals in large groups, etc., wearing a mask, etc., until 7 days have.

(*) Be sure to use an antigen qualitative test kit (using a nasopharyngeal sample or a nasal cavity sample) for an in vitro diagnostic drug approved by the regulatory affairs. The inspection shall be at your own expense.

(2) When you are likely to be a close contact

- If you have been in contact with an infected person who falls under the definition of "close contact", such as a family member living with you has become infected or you have talked while eating or drinking without wearing a mask with someone that has been infected, etc., during the infectious period (from 2 days before the onset date to being diagnosed with the coronavirus and being isolated, or from 2 days before the day when the sample was collected to being isolated after being diagnosed with the coronavirus in the case you have no symptoms), please remain at home, etc. without going to school or work, and immediately report it to the contact point of your department.

<Definition of "close contact"> National Institute of Infectious Diseases "Guidelines for conducting an active epidemiological survey on patients with COVID-19 infections" (November 29, 2021 Preliminary version)

- * You are or were living with the patient (confirmed case) or have been in long-term contact (including being in a car, in an aircraft, etc.).
- * Persons who have been examining, nursing or caring for a patient (confirmed case) without appropriate infection protection.
- * Persons who are likely to have come into direct contact with contaminants such as airway secretions or body fluids of the patient (confirmed case).
- * Others: Persons who have been in contact with the patient (confirmed case) for 15 minutes or more at a distance that can be touched by hand (1 meter as a guide) without the necessary infection prevention measures. (Comprehensively judge the infectivity of the patient from each individual situation.)

(3) If a household member is considered a close contact

- Continue to monitor your health and stay home if you do not need to come to campus.
- If any symptoms appear in the household member exposed to the coronavirus, stay home and consult the public health center.

(4) If you get a notice from COCOA (COVID-19 Contact Confirming Application)

- Follow the instructions on your device.
- Report to the contact person of your department immediately.

4. If you are not feeling well

- If you have a fever or symptoms such as malaise, cough, sore throat, or loss of taste or smell
⇒ Report to the contact person of your department.
- Please consult the Health Service Center about seeing a doctor, and the need for testing and treatment.

- The University of Tokyo Health Service Center (<http://www.hc.u-tokyo.ac.jp/en/>)
[Hongo] TEL: 03-5841-2579
[Komaba] (Students) TEL: 03-5454-6180, (Faculty and Staff) TEL: 03-5454-6166
[Kashiwa] TEL: 04-7136-3040

- If the Health Service Center is closed, such as at night or during holidays, please call the appropriate consultation center below for consultation by phone.

- COVID-19 consultation centers
TOKYO Tokyo Multilingual Consultation Navi (<https://www.tokyo-tsunagari.or.jp/joint/>)
[Weekdays (10:00 – 16:00)] TEL: 03-6258-1227
CHIBA Chiba Coronavirus Hotline for Foreign Residents (<https://www.pref.chiba.lg.jp/international/index.html>)
[24 hours, 365 days] TEL: 092-687-6564
SAITAMA Coronavirus Hotline for Foreign Residents (<https://sia1.jp/en/topics/coronahotline/>)
[24 hours including weekends and holidays] TEL: 048-711-3025
KANAGAWA Phone Counseling Services (https://www.pref.kanagawa.jp/docs/k2w/covid19/en_call.html)
[Seven days a week (around the clock)] TEL: 045-285-1015
* Residents of Yokohama City, Kawasaki City, Sagami City, Yokosuka City, Fujisawa City and Chigasaki City & Samukawa Town are advised to visit the website of the respective municipal office.
Call center for foreign travelers (<https://www.mlit.go.jp/kankocho/content/001327108.pdf>)
[24 hours, 365 days] Japan Visitor Hotline TEL: 050-3816-2787
- Your nearest medical institution, primary care doctor

- If you consult a medical institution as directed by the Health Service Center or other consultation center, please report the results to the contact person of your department.

■ Close contact with someone with COVID-19

Q1. What is “Close Contact”?

A1. A “Close contact” can be described as someone who has been contact with a patient who has tested positive for COVID 19 (via PCR testing, etc.), under any of the following conditions.
The period under concern starts 2 days before the collection of the specimen (if the patient who tested positive asymptomatic) or the onset of symptoms (if symptomatic), until the end of isolation.

- A Co-habitant
- A person who had long term contact with patient
 - Aircraft: Those sitting within 2 rows of the patient (International) or within 2 meters (Domestic)
- A person who has examined, nursed or cared for the patient without appropriate protective equipment
- Those who have been in direct contact with contaminants such as airway secretions or bodily fluids
- A person who has been in contact with the patient for more than 15 minutes without necessary infection prevention measures (such as a face mask) within arms length (approx. 1 meter)

However, please note that these are general conditions. The public health center will make a comprehensive judgment regarding one’s status as a “Close Contact” depending on the severity of the situation in each region.

Q2. What should I do if I have contacted someone who is a “Close Contact” ?

A2. You are not subject to any restrictions at the moment. However, you will be informed and will be subject to restrictions if the “close contact” also tests positive. Please continue to follow preventative measures as there is a higher chance that you may have also been infected by COVID-19.

■ Self-isolation at home

Q3. Where to contact if my condition worsens during self-isolation at home?

A3. Call customer service at your local call center or contact the consultation desk of your municipality.

Q4. What precautions should be taken in self-isolation at home?

A4. You are strongly recommended to prepare in advance for home-isolation, as you are not permitted to leave the house during this period.
Some local governments deliver a grocery package. When using delivery services, ask for your package to be left in front of your door so as not to come into direct contact with them.
Ensure that you have a functioning thermometer and an extra battery.

Q5. Is it safe to take antipyretic medication to treat symptoms?

A5. In most cases, it is safe to take antipyretic medication. Ask your doctor or pharmacist in the following cases:

- If you are taking other medication, pregnant, breastfeeding, or a senior citizen. There are also certain medications that you may not take while under treatment for conditions such as stomach and duodenal ulcers.
- Previous allergic reactions or asthma due to medication, etc.
- Severe and/or long lasting symptoms including but not limited to severe pain and high fever.

Q6. What if I run out of medication?

A6. The response will depend on your municipality. Some deliver medication through online services. You may have it delivered to a cohabitant, or ask for your package to be left in front of your door.

Q7. How dose the pulse oximeter work?

A7. If the SpO2 (blood oxygen saturation) level is clocked below 93% by the pulse oximeter, consult designated contacts such as local public health center or family doctor immediately. The device may not provide an accurate measurement if your hands are cold, swollen, or if you use nail polish. There may also be a slight variation in measurements depending on the product.



Photo by the Japanese respiratory society

Q8. What to do with my used pulse oximeter?

A8. Please return the used pulse oximeter to the municipality that sent to you for others who need it, while following their instructions.

Q9. What is the definition of “severe illness”?

A9. Severe illness : Hospitalisation in the ICU(intensive care unit) using a ventilator + under critical condition.

- Moderate illness : Pneumonia and shortness of breath.
- Moderate illness II : Requiring oxygen supply.
- Moderate illness I : Those who do not require a supply of oxygen.
- Minor : People who can breathe on their own, including those breathing with difficulty.

SpO2 levels below 93% should be reported to your physician immediately, even if you don't notice any symptoms.

Q10. I have a constant “wet cough” (coughing with phlegm). How can I alleviate these symptoms?

A10. Try lying on your stomach. When you lie down on your back for a long time, phlegm will easily accumulate in your lungs. Switching positions will improve the level of circulation while expanding your lungs, and consequently help to displace phlegm.

Q11. My municipality asked me to monitor my own health during self-isolation.

A11. Health observations tools/apps differ by municipality. If you use “My HER-SYS”, you need to register via a URL sent via text (SMS) from the local public health cent. Complete the sign up and input your health observations via smartphone or laptop.

Note: You may receive a text message before contact from a public health center.



【My HER-SYS User's guide】

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00295.html



MHLW

厚生労働省

Ministry of Health, Labour and Welfare of Japan

■ Ending isolation ▪ Self-quarantine

Q13. How can I end isolation? (Requirements as follows)

A13. 【If Symptomatic】 1) 10 whole days after the first sign of symptoms and 2) 72 hours free of any symptoms or 2 consecutive negative results on a COVID-19 test taken at least 24 hours apart, after being free of symptoms.

【Asymptomatic】 7 whole days after the day the positive specimen was collected.

【If Symptoms appear after a negative result】 The patient may end isolation 10 days after the onset of symptoms.

Q14. How long family member should be quarantined?

A14. A family member of the patient is considered a close contact as per 【A1】. If you have been considered as a “close contact”, please stay home and quarantine for 5 days after patient develops symptoms. However, if you test two consecutive negative results on an antigen test taken either on Day 2 or Day 3, you may terminate your period of isolation after Day 3. Even after the period is over, “close contacts” are encouraged to monitor their health, and avoid social gatherings until they have recovered.

【If your family member is infected with COVID-19】

<https://www.mhlw.go.jp/content/household.pdf>



Q15. How to dispose of household garbage of an infected person ?

A15. Contaminated items include tissue paper and face masks used by the person who tested positive. Be careful not to come in contact with such items and keep them contained in an air-tight bag. Wash your hands thoroughly with soap after disposal.

【How to dispose of household garbage】

https://www.env.go.jp/recycle/waste/sp_con/tr/infection/coronakoho.html



【English】 【Chinese】 【やさしいにほんご】

Q16. Can I get vaccinated even if I've had COVID-19?

A16. You may get vaccinated even if you have been infected, regardless of the number of vaccinations you have already received. Please note that you can be vaccinated once you have recovered from COVID-19, regardless of your treatment or the length of time since the infection.

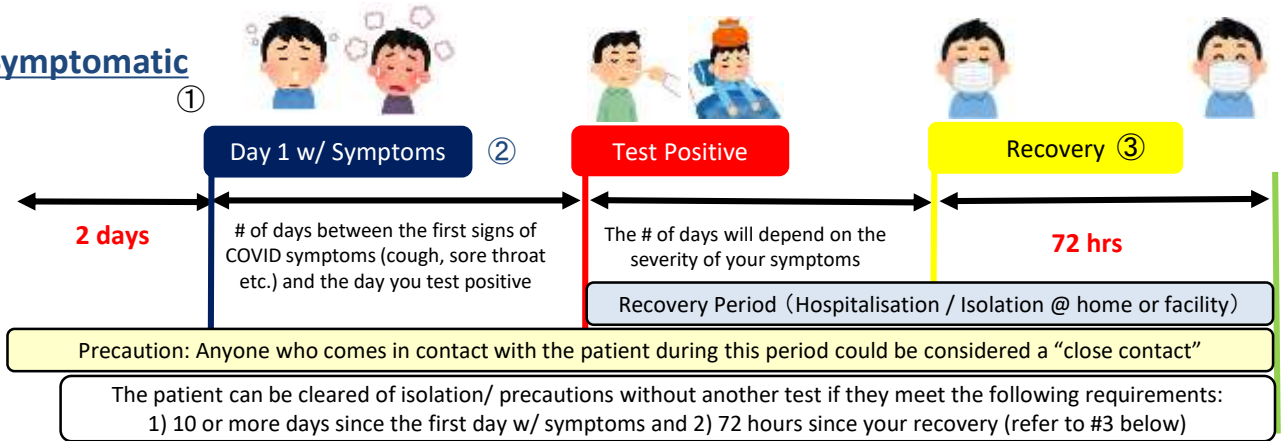
【COVID-19 vaccines Q&A】

<https://www.mhlw.go.jp/stf/covid-19/qa.html>

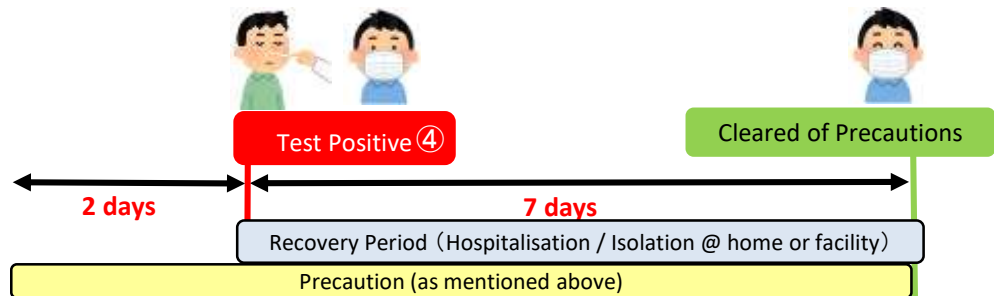


Ending isolation • Self-quarantine in the case that you tested positive

If Symptomatic



If Asymptomatic



Notes:

- ① This does not apply to patients treated with a ventilator.
- ② If this day cannot be specified, this will be substituted by the day the positive specimen was obtained.
- ③ A "Recovery" can be defined as 1) the absence of a fever without the use of an antipyretic and 2) a noticeable improvement in respiratory status.
- ④ The day the positive specimen was obtained for the test.