Flow Chart of Measures to Combat the New Coronavirus (for those in poor health)

- 1 Serious symptoms such as shortness of breath, fatigue, or high fever
- ② Symptoms of a cold such as a fever or cough (including relatively mild symptoms)
- 3 If you do not have a fever but feel unwell

#If you feel unwell after arriving at the university, return home In cases such as those In cases such as those immediately described in (1), the elderly, Feeling described in (2) and (3), the those with underlying medical If you are feeling unwell, do not patient should monitor their better conditions, and pregnant come to the university, and refrain health at home if the women are advised to consult a from going out or for meals. symptoms do not improve. doctor immediately. Signs of recovery: All of the following conditions must be met: Consult your family doctor, local medical institution, * At least 7 days have passed since onset of symptoms or the Miyagi Prefecture/Sendai City Call Center * 24 hours have passed since symptoms abated (Fever went down*1, other symptoms subsided*2) (022-398-9211) %1: When no medication, including anti-fever medicine. is being taken to counter symptoms ※2: Symptoms such as cough, fatigue, etc. Examination by a medical institution No Feeling Suspicion of Act as instructed by better the medical institution infection Yes PCR or other Tests Negative Result of Tests Feeling Act as instructed by for Infection better the medical institution Positive Signs of recovery: All of the following conditions must be met: Take steps toward recovery * At least 5 days have passed since the onset of symptoms * 48 hours have passed since symptoms abated (Fever went down⁸¹, other symptoms subsided⁸²) ※1: When no medication, including anti-fever medicine, is being taken to counter symptoms

Guidelines for returning to work: Symptomatic Individuals

- · 7 days have passed since the onset of symptoms and 24 hours have passed since symptoms abated
- If you are hospitalized, 10 days must pass after the onset of symptoms and a final period of 72 hours must pass after symptoms abate before returning to work

※2: Symptoms such as cough, fatigue, etc.

O'During this 10 day period, there is a risk of the virus spreading to others. Therefore, pay close attention to your temperature and physical condition, wear a mask, only participate in online work activities, and do not eat meals with others. In addition, avoid contact with the elderly as well as other high-risk individuals. Avoid nonessential, non-emergency visits to high-risk institutions and areas. Avoid contact, direct conversations, etc. with others as much as possible and follow the voluntary measures to help prevent the spread of infection to the best of your abilities.

(Reference) Guidelines for returning to work: Asymptomatic Individuals

(i.e. individuals who tested positive but never experienced any symptoms)

- · 7 days have passed since taking the test which determined that you were positive for COVID-19
- If you take another test 5 days after testing positive and the test kit confirms you are negative for COVID-19, medical treatment can be lifted on Day 6.

Ensure that the test kit(s) you use have received regulatory approval for medical use.

- © During this 7 day period, there is still a risk of the virus spreading to others. Therefore, pay dose attention to your temperature and physical condition, wear a mask, only perticipate in online work activities, and do not eat meals with others. In addition, avoid contact with the elderly as well as other high-risk individuals and avoid nonessential, non-emergency visits to high-risk institutions and areas. Avoid contact, direct conversations, etc. with others as much as possible and follow the voluntary measures to help prevent the spread of the infection to the best of your abilities.
- % The above flow chart is mainly to show how to respond when you are in poor physical condition and does not apply if you have taken a PCR test, etc. in connection with your work or other functions.
- 36 Medical personnel should follow the rules set by their departments.

%'How Chart of Measures to Combat the New Coronavirus (for those in poor health)' (Latest revision: April 1, 2023) will be applicable from April 1 to May 7. Information regarding how people who are poorly will be dealt with from May 8 will be shared separately.

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