



## If you are identified as a Close Contact and have symptoms

【See p.4】 <https://www.titech.ac.jp/english/student/pdf/certificates-submitting-forms-current-covid-19-response-manual-e.pdf>

**For Student**

※For faculty/staff, see the next page.

### ● Stay away Period

Stay away from campus for **5** days after the last exposure to the COVID-19 patient (or after you started self-isolation at home if you live with the patient) and until **72** hours have passed since your symptoms were resolved.

※ See the calendar to confirm the day you can resume your activities on campus.

※ Monitor your health and avoid dining and gatherings, take precautions to prevent the spread of infection for **7** days after the last exposure.

※ Notify your academic supervisor of your current status and seek their advice to determine the appropriate arrangements regarding face-to-face activities at laboratories, etc.

### ● If positive

If you take PCR test/antigen test in the future and it is positive, self-isolation period will be changed. Please report again.

### ● Circle/club

※ If you have participated in circle/club anytime beginning 2 days before the onset, report the representative or contact person about your current situation.

### ● Household infection prevention See the URL below for reference:

<https://www.mhlw.go.jp/content/000673030.pdf>

※ If you live in Tokyo Tech dormitory, report the Student Support Division ([gak.sei@jim.titech.ac.jp](mailto:gak.sei@jim.titech.ac.jp)) and the dorm manager.

### ● Authorized absence

If you miss classes due to your isolation, see the URL below to apply for authorized absences :

<https://www.titech.ac.jp/student/pdf/certificates-submitting-forms-current-koketsu-covid-19-toriatsukai.pdf>



Confirm the day you can resume activities on campus.

### Self-Isolation Period

last contact date	self-isolation period	* resume activities
4/15 (Sat)	4/20 (Thu)	4/21 (Fri)
4/16 (Sun)	4/21 (Fri)	4/22 (Sat)
4/17 (Mon)	4/22 (Sat)	4/23 (Sun)
4/18 (Tue)	4/23 (Sun)	4/24 (Mon)
4/19 (Wed)	4/24 (Mon)	4/25 (Tue)
4/20 (Thu)	4/25 (Tue)	4/26 (Wed)
4/21 (Fri)	4/26 (Wed)	4/27 (Thu)
4/22 (Sat)	4/27 (Thu)	4/28 (Fri)
4/23 (Sun)	4/28 (Fri)	4/29 (Sat)
4/24 (Mon)	4/29 (Sat)	4/30 (Sun)
4/25 (Tue)	4/30 (Sun)	5/1 (Mon)
4/26 (Wed)	5/1 (Mon)	5/2 (Tue)
4/27 (Thu)	5/2 (Tue)	5/3 (Wed)
4/28 (Fri)	5/3 (Wed)	5/4 (Thu)
4/29 (Sat)	5/4 (Thu)	5/5 (Fri)
4/30 (Sun)	5/5 (Fri)	5/6 (Sat)
5/1 (Mon)	5/6 (Sat)	5/7 (Sun)
5/2 (Tue)	5/7 (Sun)	5/8 (Mon)
5/3 (Wed)	5/8 (Mon)	5/9 (Tue)
5/4 (Thu)	5/9 (Tue)	5/10 (Wed)
5/5 (Fri)	5/10 (Wed)	5/11 (Thu)
5/6 (Sat)	5/11 (Thu)	5/12 (Fri)
5/7 (Sun)	5/12 (Fri)	5/13 (Sat)

### ● What you can do when you are not feeling well

- ★ Keep yourself hydrated and rest. OS-1 and other rehydration solutions are recommended.
- ★ If you have a fever (without chills), use an ice pillow or refrigerant to cool down the heat.
- ★ If you have a severe cough, elevate your upper body and take comfortable position to rest.
- ★ Take appropriate medicines (prescribed/over the counter drugs) For sore throat, gargles or throat lozenges containing povidone-iodine or azulene may help.
- ★ If you lose appetite, take easy to digest food (noodle, non-oily food, jelly, etc.) in small amount.



## If you are identified as a Close Contact and have symptoms

【See p.4】 <https://www.titech.ac.jp/covid-19/pdf/214-tokiyotech-covid-19-manual1-220915e.pdf>

### ●Stay away Period

Stay away from campus for 5 days after the last exposure to the COVID-19 patient (or after you started self-isolation at home if you live with the patient) and until 72 hours have passed since your symptoms were resolved.

※Monitor your health and avoid dining and gatherings,  
take precautions to prevent the spread of infection for 7 days after the last exposure.

※Notify your academic supervisor of your current status  
and seek their advice to determine the appropriate work arrangement.

### ● If positive

If you take PCR test/antigen test in the future and it is positive, self-isolation period will be changed.  
Please report again.

### ●Household infection prevention See the URL below for reference:

<https://www.mhlw.go.jp/content/000673030.pdf>

### ●What you can do when you are not feeling well

- ★Keep yourself hydrated and rest. OS-1 and other rehydration solutions are recommended.
- ★If you have a fever (without chills), use an ice pillow or refrigerant to cool down the heat.
- ★If you have a severe cough, elevate your upper body and take comfortable position to rest.
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- ★If you lose appetite, take easy to digest food(noodle, non-oily food, jelly, etc.) in small amount.

## For Faculty/Staff

Confirm the day you can resume activities on campus.



### Self-Isolation Period

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