



If you test positive (with symptoms)

【See p.3】 <https://www.titech.ac.jp/english/student/pdf/certificates-submitting-forms-current-covid-19-response-manual-e.pdf>

● Stay away period (Isolation period)

Count the day the symptoms first appeared as Day 0 and stay away from campus for 7 days and until 24 hours have passed since your symptoms were resolved.

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

※ Since the risk of infection remains for 10 days after the onset, avoid large events, group meals, etc. Take precautions against infection during this time.

● 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>

● Circle / Club

※ If you have participated in circle/club anytime beginning 2 days

Before your symptoms first appeared, report the representative or contact person about your current situation.

● Household infection prevention <https://www.mhlw.go.jp/content/household.pdf>

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

● If a family member living with you tests positive

Since the virus remains in the household, it is encouraged to take precautions such as wear a mask, disinfect hands and shared items at home and also in public.

● Close Contact

Tell the people with whom you have been in close contact anytime beginning 2 days before your symptoms first appeared.

See the URL below to determine "Close Contact" :

<https://www.titech.ac.jp/covid-19/pdf/214-tokyotech-covid-19-manual4-220613.pdf>

If the "Close Contact" is a Tokyo Tech member, tell them to check the URL (p.4) below:

(Student) <https://www.titech.ac.jp/english/student/pdf/certificates-submitting-forms-current-covid-19-response-manual-e.pdf>

(Staff/Faculty) <https://www.titech.ac.jp/covid-19/pdf/214-tokyotech-covid-19-manual1-220915e.pdf>

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

● 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.

For Student

※ For faculty/staff, see the next page.



Confirm the day you can resume activities on campus.

Isolation Period [with symptoms]

Date of onset	Last date of isolation	* resume activities
4/15 (Sat)	4/22 (Sat)	4/23 (Sun)
4/16 (Sun)	4/23 (Sun)	4/24 (Mon)
4/17 (Mon)	4/24 (Mon)	4/25 (Tue)
4/18 (Tue)	4/25 (Tue)	4/26 (Wed)
4/19 (Wed)	4/26 (Wed)	4/27 (Thu)
4/20 (Thu)	4/27 (Thu)	4/28 (Fri)
4/21 (Fri)	4/28 (Fri)	4/29 (Sat)
4/22 (Sat)	4/29 (Sat)	4/30 (Sun)
4/23 (Sun)	4/30 (Sun)	5/1 (Mon)
4/24 (Mon)	5/1 (Mon)	5/2 (Tue)
4/25 (Tue)	5/2 (Tue)	5/3 (Wed)
4/26 (Wed)	5/3 (Wed)	5/4 (Thu)
4/27 (Thu)	5/4 (Thu)	5/5 (Fri)
4/28 (Fri)	5/5 (Fri)	5/6 (Sat)
4/29 (Sat)	5/6 (Sat)	5/7 (Sun)
4/30 (Sun)	5/7 (Sun)	5/8 (Mon)
5/1 (Mon)	5/8 (Mon)	5/9 (Tue)
5/2 (Tue)	5/9 (Tue)	5/10 (Wed)
5/3 (Wed)	5/10 (Wed)	5/11 (Thu)
5/4 (Thu)	5/11 (Thu)	5/12 (Fri)
5/5 (Fri)	5/12 (Fri)	5/13 (Sat)
5/6 (Sat)	5/13 (Sat)	5/14 (Sun)
5/7 (Sun)	5/14 (Sun)	5/15 (Mon)



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●Household infection prevention

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For Faculty/Staff



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