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



No symptoms of poor health

Situations in which you are considered to have been in close contact with others:

(1) If you were in close contact with a person confirmed to be infected within the 2-day period before they displayed symptoms and your hands made contact and you had not taken the necessary preventive measures.

(2) If you were positioned face to face within an arm's length (about 1 m) for 15 minutes or more.

(3) If you have been in the same buildings or areas (the same rooms) as the infected person, and you have used the same shared equipment (PCs, tables, sofas, pots, refrigerators, remote controls, etc.). The pertinent timeframe is from two days before the appearance of their symptoms until three days after they last came to work (or until the shared equipment is sterilized).

* Neither those who are being checked by the health center as to whether they are close contacts nor those who have been identified as not being close contacts are guaranteed to be completely clear of infection.

Aside from not going out for unnecessary and non-urgent reasons, etc., to prevent others from becoming infected, those who are being checked as to whether they are close contacts should keep an eye on their own health at home until they have been cleared, and those who have been identified as not being close contacts should keep an eye on their own health for 14 days from the date of their last contact with an infected person.

* The above flow chart is mainly to show you 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.

* If you receive a notification from the COVID-19 Contact-Confirming Application (COCOA) that you may have come into contact with someone who has tested positive for COVID-19, please make contact immediately with a consultant as instructed by the app.

Contact: Center for Environmental Conservation and Research Safety anzen@grp.tohoku.ac.jp