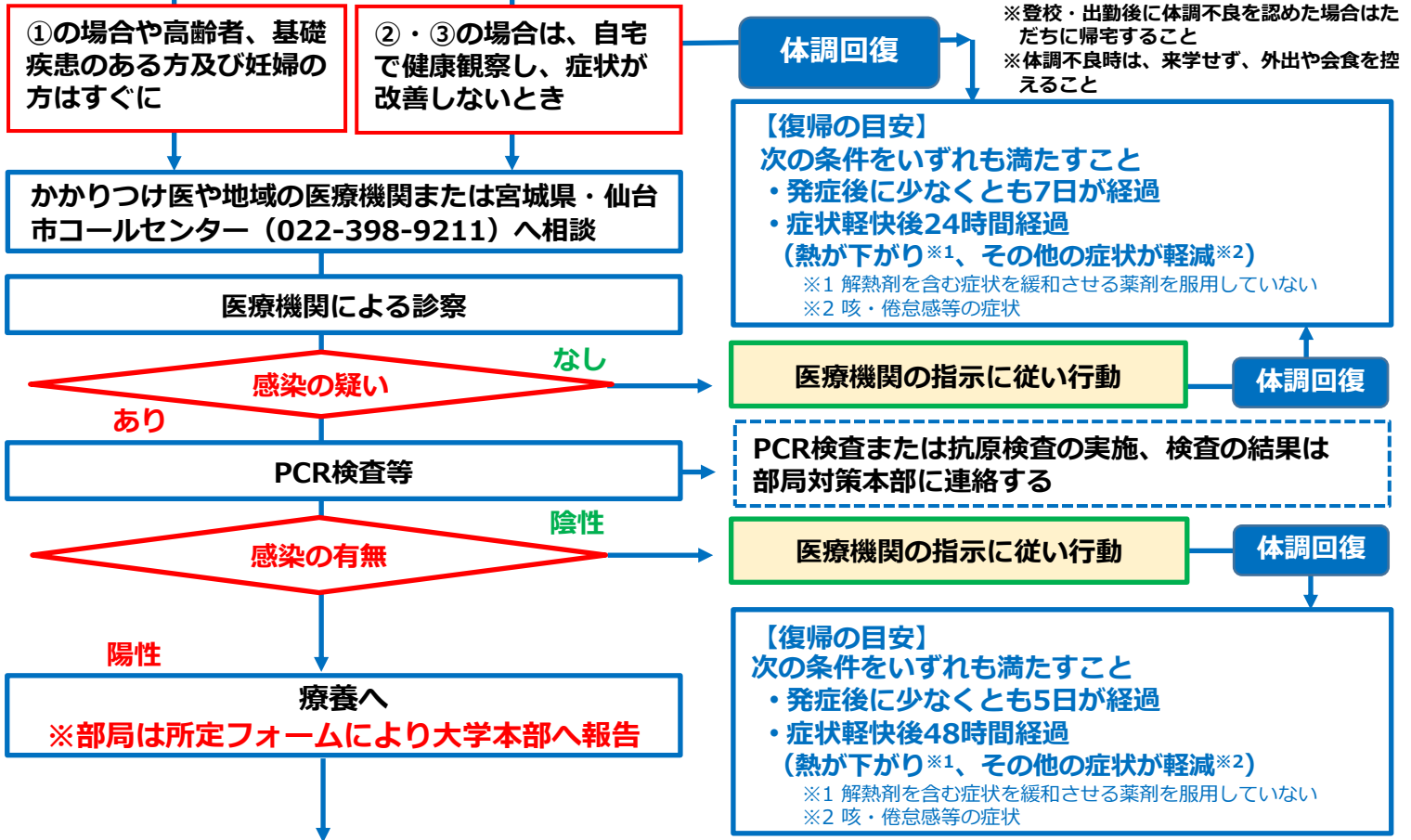


# 新型コロナウイルス感染症対策（体調不良者対応等）フロー図

- ① 息苦しさ（呼吸困難）、強いだるさ（倦怠感）、高熱などの強い症状がある
- ② 発熱や咳などの風邪症状がある（比較的軽い風邪症状も含む）
- ③ 発熱を認めないが体調不良を自覚する場合



※登校・出勤後に体調不良を認めた場合はただちに帰宅すること  
※体調不良時は、来学せず、外出や会食を控えること

**【復帰の目安】**

- ・発症日から7日間経過し、かつ、症状軽快後24時間経過
- ・現に入院している場合には、発症日から10日間経過し、かつ、症状軽快後72時間経過

◎ただし、発症日から10日間が経過するまでは、感染リスクが残存することから、検温など自身による健康状態の確認やマスクの着用、web会議等の活用、食事の個別摂取などの対策をとること。また、高齢者等ハイリスク者との接触、ハイリスク施設への不要不急の訪問、感染リスクの高い場所の利用や会食等を避けること。他の人との接触・直接会話等も極力避け、自主的な感染予防行動を徹底すること。

（参考）当初より、体調不良の症状がなくPCR検査等をうけて陽性となった方（無症状者）の復帰の目安

- ・検体採取日から7日間を経過
  - ・加えて、5日目の検査キットによる検査で陰性を確認した場合には、5日間経過後（6日目）に療養解除が可能
- ※検査キットは必ず薬事承認を受けているものを使用すること。

◎ただし、7日間が経過するまでは、感染リスクが残存することから、検温など自身による健康状態の確認やマスクの着用、web会議等の活用、食事の個別摂取などの対策をとること。また、高齢者等ハイリスク者との接触、ハイリスク施設への不要不急の訪問、感染リスクの高い場所の利用や会食等を避けること。他の人との接触・直接会話等も極力避け、自主的な感染予防行動を徹底すること。

## 濃厚接触の疑いのある者のフロー



### 【濃厚接触の疑いのある者】

- ① 陽性者の症状が出る2日前から接触した者のうち、必要な感染予防策をせずに手で触れた場合
- ② 対面で互いに手を伸ばしたら届く距離（1m程度）で、必要な感染予防策なしで15分以上（密閉された空間なら15分未満でも）接触した場合
- ③ 陽性者と同居あるいは長時間（車内、航空機内等を含む）の接触があった場合 等

※濃厚接触者の調査中の者及び濃厚接触者に特定されなかった者は、感染の疑いを完全に否定するものではありません。引き続き健康観察を行い、感染防止対策に努めてください。

※ 当該フロー図は、主に体調不良時の対応を示すもので、業務や行事に関連してPCR検査等を受検した場合は対象外とします。

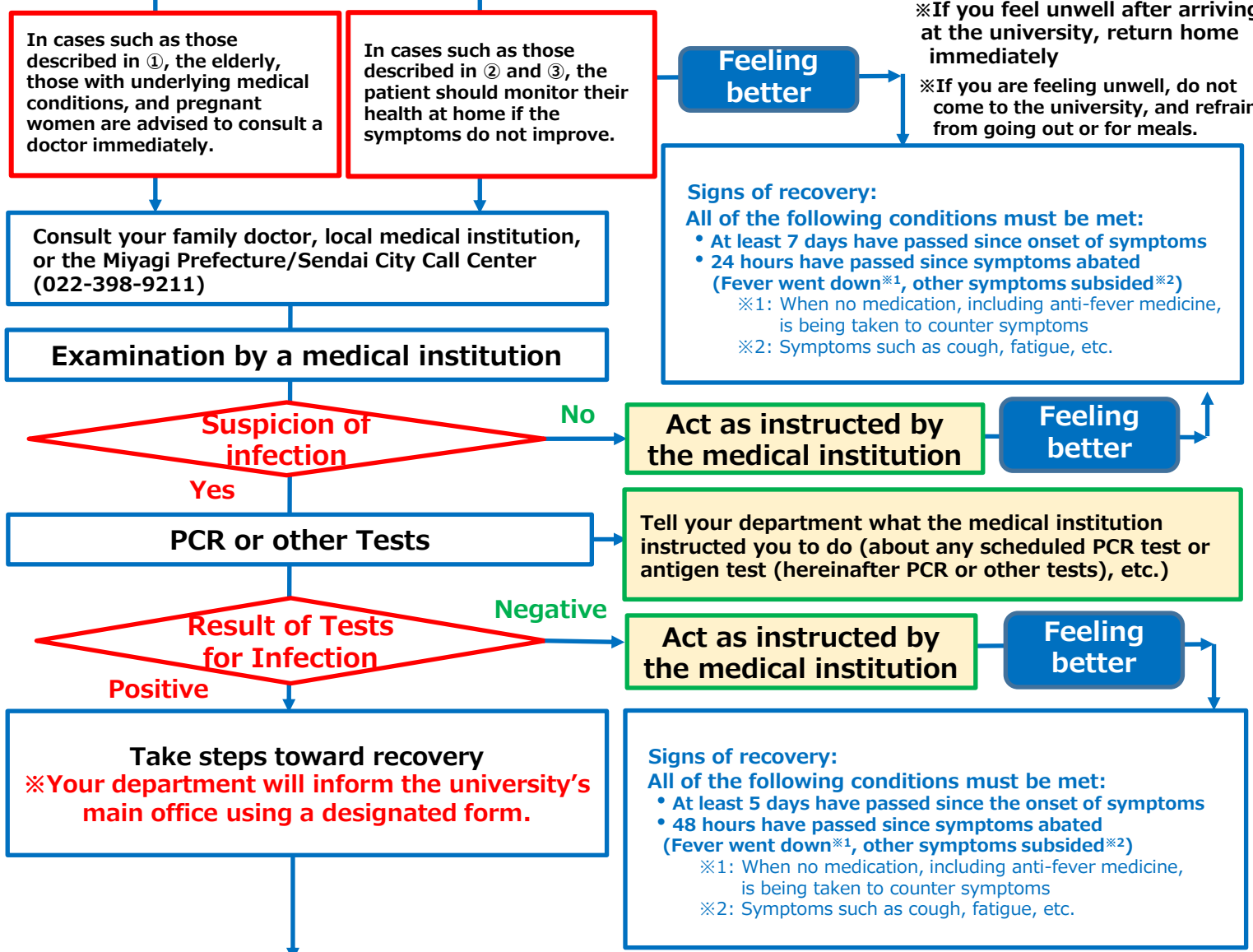
※ 医療従事者等は、所属先が定めるルールに従い対応してください。

【フロー図に関する連絡先】

人事労務課 安全衛生管理係 [anzen@grp.tohoku.ac.jp](mailto:anzen@grp.tohoku.ac.jp)

## 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



**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

◎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.

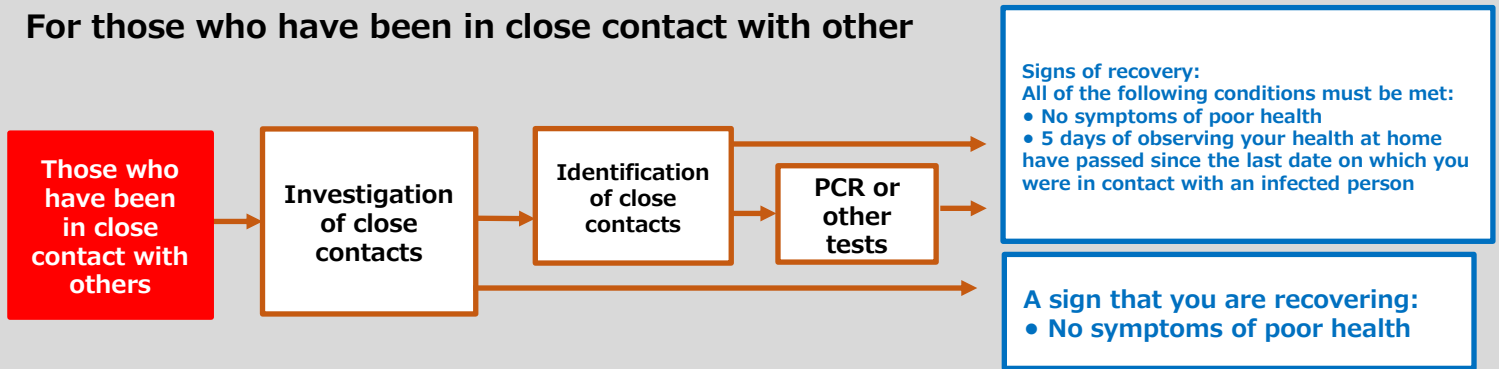
**(Reference) Guidelines for returning to work: Asymptomatic Individuals (i.e. individuals who tested positive but never experienced any symptoms)**

- 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 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 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.

## For those who have been in close contact with other



### 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 of each other (about 1 m) for 15 minutes or more and you did not take the necessary measures against infection.
- ③ If you live with someone who has tested positive or have spent a long time with someone who has tested positive (including on journeys by car or airplane, etc.) etc.

※Neither those who are being checked 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.

Please continue to monitor your health and follow measures to help prevent the spread of infection.

※ 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.

※ Medical personnel should follow the rules set by their departments.

**Contact for the Flow Chart:**  
Center for Environmental Conservation and  
Research Safety ([anzen@grp.tohoku.ac.jp](mailto:anzen@grp.tohoku.ac.jp))