Follow the flowchart below, and please contact the “Contact” swiftly and properly.

Personnel who have had ‘close contact’** with person COVID-19 positive patient (even without symptom)

Have Symptoms (fever ≥37.3°C#, mild respiratory symptoms or cold symptoms for more than 4 days, hard to breathe, strong dullness or fatigue, loss of smell or taste, etc.)

Have traveled to high risk areas (variable), or have ‘close contact’ with person who have traveled within 2 weeks

Have not traveled to high risk areas and have had no ‘close contact’

If you have difficulty in breathing, call ‘Contact’* immediately and ask for instructions

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Do not go to medical agency or clinic directly! Contact Hamamatsu Public Healthcare Center* and University Health Administration Center to ask for instructions.

Report daily body temperature (morning and evening) and physical condition to University Health Administration Center by email every morning

If 2 weeks has passed and no symptoms, you can stop self-quarantine and self monitoring

No instruction for PCR or negative in PCR testing

If you have difficulty in breathing, call ‘Contact’* immediately and ask for instructions

For other mild symptoms, stay at home and report to above ‘Contact’*

For other mild symptoms, stay at home, monitor daily body temperature (morning and evening)

If needed, contact in advance and visit medical clinic

If you have any symptoms mentioned above continuously, contact Hamamatsu Public Healthcare Center* and University Health Administration Center to ask for instructions.

You can come to work if you do not have fever ≥37.3°C for 24hrs. If any other symptoms is remaining, please contact University Health Administration Center for advice

# Body temperature should be measured without taking any antipyretic

** Definition of ‘close contact’

- In contact without any masks on within a meter, over 15 minutes, or contact in closed spaces (living together, inside a car or airplane)
- Direct contact (medical exam., nursing, caregiving, etc.) to symptomatic patients or their body fluid/discharge (eg. sputum (sweat excluded)), without enough precaution against infection

Stay home and report to ‘Contact’ below

‘Contact’*

1. University Health Administration Center
2. Student – Student Affair Division
   Faculty, Employee-own affiliated department and personnel division

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* Health Administration Center (e-mail: hac@hama-med.ac.jp, TEL: 053-435-2156 (weekdays only))
Student Affair Division (e-mail: kgs@hama-med.ac.jp, TEL: 053-435-2202 (weekdays only))
Personnel Division (e-mail: ssy@hama-med.ac.jp, TEL: 053-435-2119 (weekdays only))
Hamamatsu Public Healthcare center (TEL: 0120-368-567)