

What to do when infected with COVID-19, seems like infected, had a close contact with infected people, or families/roommates had a close contact with infected people.

1. When you were diagnosed as the COVID-19, or you/families/roommates had a close contact with infected people.

【What you should do】

Please contact to your department of affiliation, and follow the instruction of the department and local public health center.

For details, see the “Procedures to be followed to prevent the spread of the novel coronavirus (COVID-19)” (Kyoto-Univ. policy).

https://www.kyoto-u.ac.jp/en/about/safety/documents_internal/200423_1_2.pdf

【What the lab staff should do】

- (1) Report the situation to the task force of your affiliation and Uji headquarters.
- (2) Identify the infected person’s activities of the past 2 days from the last attendance as much as possible (by interviews to the person and other lab members)
- (3) Report the information of (2) to the task force and Uji headquarters.
- (4) From the next day, shut down the lab. Lab members must stay at home. Thereafter, follow instructions of the task force and Uji headquarters

2. When you had a cold-like symptom (but not diagnosed as the COVID-19)

There are many patients whose path of infection are not identified, so we can’t deny the possibility of infection. If you had a cold-like symptom (fever, etc.), please follow “the guideline for returning to work for persons who standby at home with cold-like symptoms” and instructions below.

http://www.uji.kyoto-u.ac.jp/kulimit/corona/kaze_guideline.pdf(Japanese)

【What you should do】

- Please stay at home, and see a doctor as soon as possible. If you can’t see a doctor for a reason of the hospital, report the situation to your office or lab, and follow instructions below.
- If you have a fever (including the case that you must take an antifebrile), please report the situation and refrain from coming to the Campus. Observe and record your health condition to a health observation list below.
Health observation list: <http://www.uji.kyoto-u.ac.jp/corona/kansatsu.xlsx>
App of smartphone “*Kenoko-nikki*”: <https://www.htech-lab.co.jp/covid19/files/riyou.pdf>
- The period of staying home must be **8 days from the onset and 3 days after disappearing any symptoms**. Please report your health observation list to your lab, and confirm about your attendance to

your lab manager.

- If you have symptoms below, you must see a doctor as soon as possible. Please contact to dedicated consultation service for coronavirus infections below or other call center.
 - A cold-like symptom continues.
 - Strong symptom: tiredness, difficulty of breathing, high fever
 (Please report to your office or lab)

Those who are listed below tend to be easily getting severe if infected. If symptoms above persist about 2 days, please contact to a public health center and follow their instructions.

- Older person, a person with a underlying disease including diabetes, respiratory disease, etc., a person who undergoes dialysis, a person who takes anticancer and immunosuppressive agent, and pregnant.
 - Kyoto university health service
Tel: 075-753-2405
 - Dedicated consultation service for coronavirus infections
Tel: 075-414-4726 (operating hours: 24/7 support, en, ch, ko, pt, es, vi)
 - Yamashirokita Health center
Tel: 0774-21-2911 (Japanese Only)
 - Public health center in your residential area (URL: Prime Minister's office of Japan)
https://www.kantei.go.jp/jp/pages/corona_news.html
 - Medical service with online or telephone



https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/iryuu/rinsyo/index_00014.html

- Those who stay home with symptoms like COVID-19
 - If you have symptoms below, see a doctor as soon as possible.
 - When you have difficulty of breathing
 - When you lose consciousness
 - When your fingers and/or face get cold and pallor
 - When you can't eat and drink

【Requirement to the lab staff and office of the department】

Follow “the guideline for returning to work for persons who standby at home with cold-like symptoms” and instruct the person for appropriate actions.

http://www.uji.kyoto-u.ac.jp/kulimit/corona/kaze_guideline.pdf(Japanese)