

Measures to Be Taken Against the Spread of COVID-19 (from February 1, 2022)

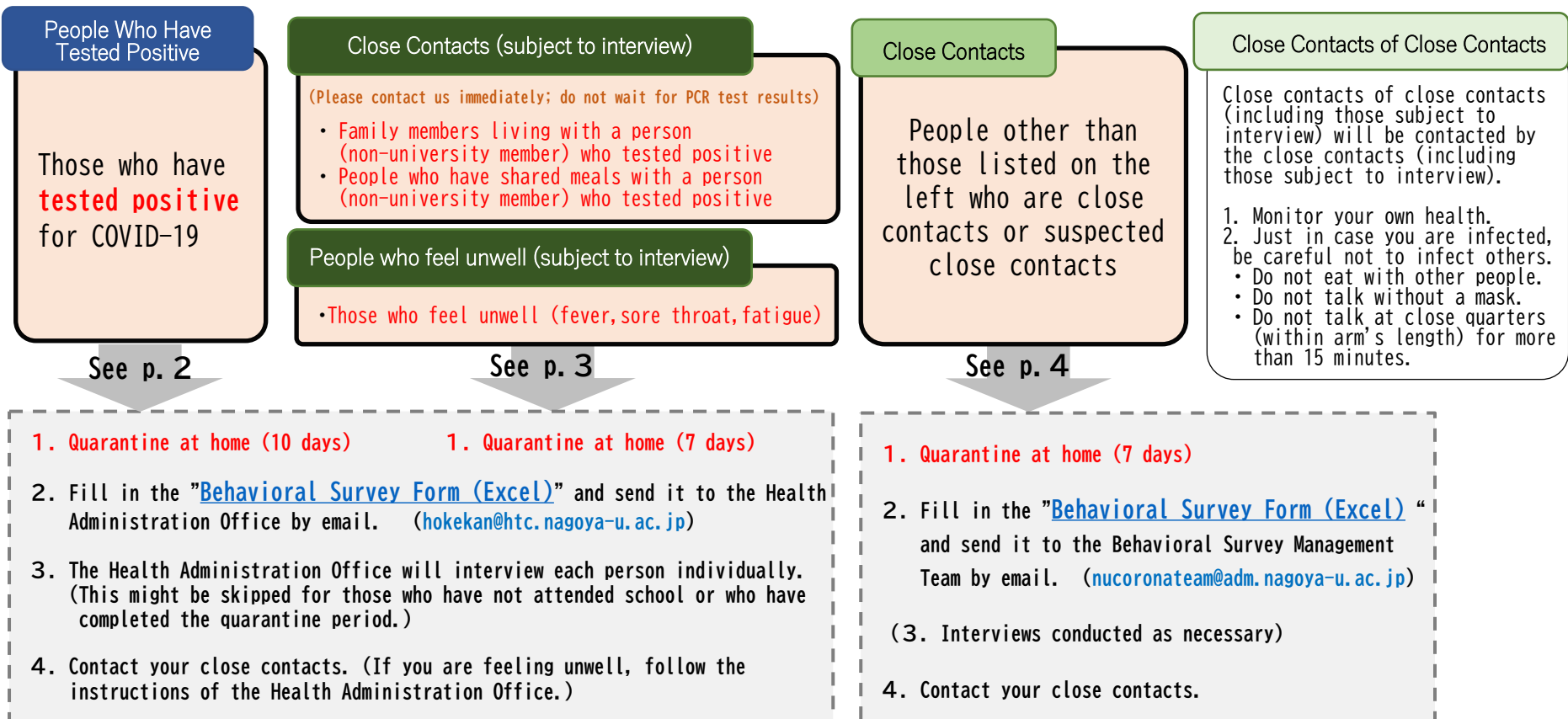
Due to the rapid increase in the number of infections and close contacts, the following measures will be taken until further notice. The Health Administration Office must dedicate its attention to handling COVID-19 cases. Thank you for your understanding and cooperation.

*Clubs/circles are subject to different handling.
*Please refer to Page 5 for information on lab/research room-related matters.

Please refrain from contacting the Health Administration Office if you are not one of the following (e.g. if a family member is a close contact, a child's class has been closed, etc.).

Please refer to the "Action Guidelines" prepared by the Health Administration Office and act accordingly.

*Action Guidelines : <https://www.htc.nagoya-u.ac.jp/hokenkanri/kenkotebiki/telework/>



© In addition to contacting the Health Administration Office, students should contact their supervisor (if any) and faculty and staff members should contact their superior. The superior should report to the dean/director of the school/graduate school, etc.

People Who Have Tested Positive

- Those who have tested positive or have been identified as positive by the health center.

We apologize for troubling you when you may be feeling unwell, but we must ask for your cooperation so that we can identify possible contacts and prevent the spread of infection.

- ① Those who have tested positive must quarantine at home for 10 days.
 - ② Fill out the "Behavioral Survey Form (Excel)" and email it to the **Health Administration Office** (hokekan@htc.nagoya-u.ac.jp).
- *The Behavioral Survey Form can be downloaded here: : <https://nuss.nagoya-u.ac.jp/s/k3ko7YsiELAqtKz>
- ③ The Health Administration Office will interview each person individually.
(This might be skipped for those who have not attended school or who have completed the quarantine period.)
 - ④ Anyone who has tested positive should request their close contacts to comply with the following three points.
 - Close contacts must quarantine at home for 7 days, with the last day of contact with me (the person testing positive) counting as Day 0.
 - Please fill in the "Behavioral Survey Form (Excel)" and send it by email to the Behavioral Survey Team (nucoronateam@adm.nagoya-u.ac.jp).
 - If the close contact has come into close contact with somebody since the day after coming into contact with me (the person testing positive), please tell them to be careful not to infect others for about one week (from the day of contact with me).

[Don't eat together, don't talk without a mask, don't talk at close quarters for more than 15 minutes.]

[Examples of close contact]

If you have, in the period since two days before the person testing positive developed symptoms, done any of the following:

- talked or ate together without a mask (including eating lunch or snacks together);
- been together in close quarters (within arm's length) for more than 15 minutes, even with a mask on;
- spent a considerable amount of time (about an hour) in a small and poorly ventilated room, even with a mask on;
- spent more than 30 minutes in a car without ventilation, even with a mask on;
- lived together (including in a dorm or other shared housing with a common area).

Close Contacts (subject to interview)

- Family members living with a person (non-university member) who tested positive
- People who have shared meals with a person (non-university member) who tested positive

We apologize for troubling you when you may be feeling unwell, but we must ask for your cooperation so that we can identify possible contacts and prevent the spread of infection.

- ① Close contacts must quarantine at home for 7 days, with the last day of contact with the person testing positive counting as Day 0.
- ② Fill in the "Behavioral Survey Form (Excel)" and send it to the **Health Administration Office** (hokekan@htc.nagoya-u.ac.jp) by email.

*The Behavioral Survey Form can be downloaded here: : <https://nuss.nagoya-u.ac.jp/s/k3ko7YsiELAqKz>

- ③ The Health Administration Office will interview each person individually.
(This might be skipped for those who have not attended school or who have completed the quarantine period.)
- ④ If the close contact has come into close contact with somebody since the day after coming into contact with the person testing positive (people at risk of becoming a close contact of a close contact), please tell them to be careful not to infect others for about one week (from the day of contact with me).
[Don't eat together, don't talk without a mask, don't talk at close quarters for more than 15 minutes.]

[Examples of close contact]

If you have, in the period since two days before the person testing positive developed symptoms, done any of the following:

- talked or ate together without a mask (including eating lunch or snacks together);
- been together in close quarters (within arm's length) for more than 15 minutes, even with a mask on;
- spent a considerable amount of time (about an hour) in a small and poorly ventilated room, even with a mask on;
- spent more than 30 minutes in a car without ventilation, even with a mask on;
- lived together (including in a dorm or other shared housing with a common area).

※If you have tested positive or feel unwell, please contact the Health Administration Office (hokekan@htc.nagoya-u.ac.jp) by email.

People who feel unwell (subject to interview)

- Those who feel unwell (fever, sore throat, tiredness), etc.

- ①~③ The same procedures as above.
- ④ Persons who feel unwell should follow the instructions of the Health Administration Office.

Close Contacts

- Close contacts other than those who are subject to interview.
- Those who may be close contacts

We apologize for troubling you when you may be feeling unwell, but we must ask for your cooperation so that we can identify possible contacts and prevent the spread of infection.

- ① Close contacts must quarantine at home for 7 days, with the last day of contact with the person testing positive counting as Day 0.
- ② Fill in the "Behavioral Survey Form (Excel)" and send it by email to **the Behavioral Survey Management Team** (nucoronateam@adm.nagoya-u.ac.jp) .

*The Behavioral Survey Form can be downloaded here: : <https://nuss.nagoya-u.ac.jp/s/k3ko7YsiELAqtKz>

※Please do not send it to "hokekan@htc.nagoya-u.ac.jp".

- ③ The Health Administration Office will conduct interviews individually as necessary.)
- ④ If the close contact has come into close contact with somebody since the day after coming into contact with the person testing positive (people at risk of becoming a close contact of a close contact), please tell them to be careful not to infect others for about one week (from the day of contact with me).
[Don't eat together, don't talk without a mask, don't talk at close quarters for more than 15 minutes.]

[Examples of close contact]

If you have, in the period since two days before the person testing positive developed symptoms, done any of the following:

- talked or ate together without a mask (including eating lunch or snacks together);
- been together in close quarters (within arm's length) for more than 15 minutes, even with a mask on;
- spent a considerable amount of time (about an hour) in a small and poorly ventilated room, even with a mask on;
- spent more than 30 minutes in a car without ventilation, even with a mask on;
- lived together (including in a dorm or other shared housing with a common area).

※If you have tested positive or feel unwell, please contact the Health Administration Office (hokekan@htc.nagoya-u.ac.jp) by email.

Lab/Research Room Supervisors (e.g., Professors)

- Ensure that all persons affiliated with the laboratory take measures to prevent infection. In particular, make sure that people do not come into close contact with each other.
- If somebody affiliated with the lab/research room tests positive or is identified as a close contact, ensure that they contact the lab/research room supervisor (or representative) as soon as possible.

Steps to take if a person affiliated with the lab/research room tests positive or is identified as a close contact

If the person in question has already contacted the Health Administration Office, the lab/research room supervisor should not contact the Health Administration Office. The Health Administration Office may contact the lab/research room supervisor to ask about the situation. We ask for your cooperation.

- ① Have the person who tested positive and those identified as close contacts (hereinafter referred to as "Person Testing Positive and Contacts") act in accordance with the "Measures to Be Taken Against the Spread of COVID-19" (and confirm they are doing so).
- ② Have the Person Testing Positive and Contacts stay at home.
- ③ Confirm whether the Person Testing Positive and Contacts have had contact with other people affiliated with the lab/research room, and have them act in accordance with the "Measures to Be Taken Against the Spread of COVID-19" (and confirm they are doing so).
- ④ Check if there are anyone in the lab/research room who feel unwell, and have them all monitor their own health.
- ⑤ Have other people in the lab/research room who are feeling unwell, or who become unwell afterwards, contact the Health Administration Office immediately. Instruct them to give the names of the Person Testing Positive and Contacts.
- ⑥ For about one week, take more stringent steps to ensure that nobody becomes a close contact. Inform everyone affiliated with the lab/research room to stay away from each other as much as possible, in terms of both time and space. If no one has any symptoms after a week, return to normal life.

[Examples of close contact]

- If you have, in the period since two days before the person testing positive developed symptoms, done any of the following:
- talked or ate together without a mask (including eating lunch or snacks together);
 - been together in close quarters (within arm's length) for more than 15 minutes, even with a mask on;
 - spent a considerable amount of time (about an hour) in a small and poorly ventilated room, even with a mask on;
 - spent more than 30 minutes in a car without ventilation, even with a mask on;
 - lived together (including in a dorm or other shared housing with a common area).

Lab/research room supervisors, please contact the Health Administration Office (hokekan@htc.nagoya-u.ac.jp) if you have any questions or concerns about infection prevention measures.