

Measures to Be Taken Against the Spread of COVID-19 (from September 7, 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/>



People Who Have Tested Positive

Those who have **tested positive** for COVID-19

See p. 2

Close Contacts (subject to interview)

(Please contact us immediately; do not wait for PCR test results)

- 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

People who feel unwell (subject to interview)

- Those who feel unwell (fever, sore throat, fatigue)

See p. 3

Close Contacts

People other than those listed on the left who are close contacts or suspected close contacts

See p. 4

Close Contacts of Close Contacts

Close contacts of close contacts (including those subject to interview) will be contacted by the close contacts (including those subject to interview).

1. Monitor your own health.
2. Just in case you are infected, be careful not to infect others.
 - Do not eat with other people.
 - Do not talk without a mask.
 - Do not talk at close quarters (within arm's length) for more than 15 minutes.

1. Quarantine period

- For those with symptoms, if 7 days have passed since the onset of symptoms and 24 hours have passed since the symptoms resolved, the quarantine can be lifted from the 8th day.
- If you are asymptomatic, you may be released from quarantine on the 8th day if 7 days have passed since the date of sample collection. If you are asymptomatic until the 5th day and you test negative using a test kit on the 5th day, the quarantine can be lifted after 5 days (on the 6th day).
- *As a general rule, symptomatic individuals should avoid close contact with others for 10 days from the date of onset of symptoms, and asymptomatic individuals for 7 days from the date of sample collection.

2. If you test positive, become a close contact, or feel unwell, fill in the "Behavior Survey Form (Excel)" and send it to the Health Administration Office by email as soon as possible. (hokekan@htc.nagoya-u.ac.jp)
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. Contact your close contacts. (If you are feeling unwell, follow the instructions of the Health Administration Office.)

1. Quarantine at home (5 days)

- *If the results of antigen tests on the 2nd and 3rd days are negative, the quarantine will be lifted on the 3rd day. However, as a general rule, the person should avoid any activities that may result in close contact with others and should continue to monitor their health until the 7th day.

1. Quarantine at home (5 days)

- *If the results of antigen tests on the 2nd and 3rd days are negative, the quarantine will be lifted on the 3rd day. However, as a general rule, the person should avoid any activities that may result in close contact with others and should continue to monitor their health until the 7th day.
- 2. If you become a close contact or possible close contact, fill in the "Behavior Survey Form (Excel)" and send it to the Behavioral Survey Management Team by email as soon as possible. (nucoronateam@adm.nagoya-u.ac.jp)
- (3. Interviews conducted as necessary)
- 4. Contact your close contacts.

- 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 Quarantine period

- For those with symptoms, if 7 days have passed since the onset of symptoms and 24 hours have passed since the symptoms resolved, the quarantine can be lifted from the 8th day.
- If you are asymptomatic, you may be released from quarantine on the 8th day if 7 days have passed since the date of sample collection. If you are asymptomatic until the 5th day and you test negative using a test kit on the 5th day, the quarantine can be lifted after 5 days (on the 6th day).
- *As a general rule, symptomatic individuals should avoid close contact with others for 10 days from the date of onset of symptoms, and asymptomatic individuals for 7 days from the date of sample collection.

② If you test positive, fill in the "Behavior Survey Form (Excel)" and send it to the Health Administration Office by email as soon as possible. (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 should stay at home for 5 days, counting the day of last contact with me (the person testing positive) as day 0.
*If the results of antigen tests on the 2nd and 3rd days are negative, the quarantine will be lifted on the 3rd day. However, as a general rule, the person should avoid any activities that may result in close contact with others and should continue monitoring their health until the 7th day.
 - Please fill in the "Behavioral Survey Form (Excel)" and send it by email to the Behavioral Survey Management Team. (nucoronateam@adm.nagoya-u.ac.jp).
 - If a close contact has come into close contact with someone since the day after coming into contact with me, the person testing positive (a person at risk of becoming a close contact of a close contact), please tell that person to be careful not to infect others for about a 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 as for your cooperation so that we can identify possible contacts and prevent the spread of infection.

- ① Close contacts should quarantine at home for 5 days, counting the day of last contact with a person testing positive as day 0.
*If the results of antigen tests on the 2nd and 3rd days are negative, the quarantine will be lifted on the 3rd day. However, as a general rule, the person should avoid any activities that may result in close contact with others and should continue monitoring their health until the 7th day.
- ② If you become a close contact or feel unwell, fill in the "Behavior Survey Form (Excel)" and send it to **the Health Administration Office** by email as soon as possible. (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 If a close contact has come into close contact with someone since the day after coming into contact with the person testing positive (a person at risk of becoming a close contact of a close contact), please tell that person to be careful not to infect others for about a 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 by email. (hokekan@htc.nagoya-u.ac.jp)

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 should quarantine at home for 5 days, counting the day of last contact with a person testing positive as day 0.

*If the results of antigen tests on the 2nd and 3rd days are negative, the quarantine will be lifted on the 3rd day. However, as a general rule, the person should avoid any activities that may result in close contact with others and should continue monitoring their health until the 7th day.

- ② If you become a close contact or possible close contact, fill in the "Behavior Survey Form (Excel)" and send it to **the Behavioral Survey Management Team** by email as soon as possible. (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 a close contact has come into close contact with someone since the day after coming into contact with the person testing positive (a person at risk of becoming a close contact of a close contact), please tell that person to be careful not to infect others for about a 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 by email. (hokekan@htc.nagoya-u.ac.jp)

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 Inform everyone in the lab/research room to be extremely cautious not to become a close contact, keep as much physical distance from and spend as little time with others as possible for about 7 days. If no one has symptoms in 7 days, return to everyday 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 if you have any questions or concerns about infection prevention measures. (hokekan@htc.nagoya-u.ac.jp)