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Flowchart of what to do if you become a close contact

If you become a close contact

Rest at home

The patient is required to stay at home for 7 days starting from the day after the last contact with a positive person.

Call Iwate University Health Care Center 019-621-6550 019-621-6074

(Weekdays: 9:00-17:00 For holidays and after-hours, contact the next weekday.)

***If you already have symptoms, see "If symptoms appear during the stay-at-home period" below.**

Students

1. Report to the instructors in charge of your classes (via WebClass) that you have been requested to stay at home.
2. Fill out the "Movement history and physical condition report" (Find the form on university website)

*Behavioral and contact history from 1 week prior to onset of illness (Find the form on university website)

Faculty and staff

1. Report to your department that you have been requested to stay at home.
2. Fill out the "Movement history and physical condition report" (Find the form on university website)

*Behavioral and contact history from 1 week prior to onset of illness (Find the form on university website)

If symptoms appear during the stay-at-home period

1. Inform your doctor or medical institution that you are a "close contact" and then go to see a doctor.
2. Until your results are available, please contact Iwate University students, faculty and staff with whom you had contact (eating, drinking, being together for a long time, etc.) at least 3 days before the onset of symptoms and ask them to stay home.
3. Call the Iwate University Health Care Center.
4. Submit the "Movement history and physical condition report"

If the PCR test result is positive: Check Flowchart 2, tell those who have been notified to stay at home that they should continue to stay at home.

If the PCR test result is negative: please stay at home for the requested period. Tell those who have been notified that they are no longer required to stay at home.

The end of the stay-at-home period

Return to study or work

Students: Should report to their instructors that their stay at home period has ended

Faculty and staff: Should follow the procedures for excusing their absence

For one week after the end of the stay at home, eating and drinking with others, part-time jobs, and club activities will be prohibited.

If symptoms reappear, please stay at home, visit a medical institution, and then contact the Iwate University Health Care Center.