

3

Flowchart of what to do if you become a close contact

If you become a close contact



Stay at home

If you are close contact of COVID-19, the day of the last contact with a positive person is day 0, and you must stay at home until day 5. However, if you tested negative on the second or third day, you may end self-isolation.

***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 became a close contact.
2. Access the following URL and type your information
<https://forms.office.com/r/6fBUm6Gcr6>

Faculty and staff

1. Report to your department that you became a close contact.
2. **Instructors:**
<https://forms.office.com/r/bCsxnwqCPi>
Staffs:
<https://forms.office.com/r/GuQTF9Npm9>

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. Call the Iwate University Health Care Center.

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 and confirm assignments

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

For one week after the end of the stay at home, please observe your health condition.

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