

# Covid-19 Infection Control Flowchart: When Feeling Unwell

(Ver. May 8, 2023)

In cases when  
an individual is  
asymptomatic

In cases when an individual feels unwell...

AND tests positive for COVID-19  
(Including when personal test kits, etc.  
are used)

AND has not been examined at a medical  
institution, has tested negative on a PCR  
test, or has not taken a test, etc.

## A period of refraining from going out is recommended.

- Refrain from going out for a period of 5 days※2 from the day of onset, or 'Day 0'.※1
- If symptoms persist on Day 5, monitor your health and refrain from going out until 24 hours have passed since symptoms, such as fever, phlegm, sore throat, etc., abate.  
Seek medical consultation for severe symptoms.

※1 - If asymptomatic, the day of onset ('Day 0') is the day the positive test was taken.

※2 - If you have no choice but to go outside during this period, ensure that you have no symptoms and wear a mask while out.

## Be considerate of those around you.

- Wear a mask and avoid contact with the elderly as well as other high-risk individuals for 10 days from the day of onset.
- If symptoms such as coughing or sneezing persist for longer than 10 days, continue to wear a mask and follow

## **Employees**

**In line with the recommendation described above, refraining from coming to campus for work activities is recommended.**

※ Access to TU Hosp. is specified by "TU Hosp. COVID-19 Response Manual". (As of May 8, 2023, Access is prohibited for 5 days)

## **Students**

**Attendance is suspended until 5 days have passed since the onset of symptoms AND 1 full day has passed since symptoms abated.**

**Please inform your Workplace/Department etc. When you work from home/ are absent from work/classes, etc.**

**※ Students under clinical training also need to inform the department that hosts your training.**

## **Students & Employees**

**Recommendation: When experiencing symptoms, refrain from coming to campus for school/work activities.**

### Guidelines for returning to work:

Monitor your health and wait until symptoms have abated, i.e. until your fever goes down, and symptoms, such as phlegm, sore throat, etc., abate.

《Ref. : Consultation service provided by Miyagi Pref.》 (5/8)

- Guide of available Healthcare Facilities
- Consultation on medical treatment, etc.

Medical Information Center:  
TEL : 0120-056-203

## **<Query on how to respond>**

(For details, Refer to SOM/GSM website)

### **■ Undergraduate Students**

#### **Students of Medicine:**

Academic Affairs sec. \_Medicine  
E-mail: med-kyo2\*grp.tohoku.ac.jp

#### **Students of Health Sciences:**

Academic Affairs sec. \_Health Sciences  
E-mail: cms-kyom\*grp.tohoku.ac.jp

### **■ Graduate Student:**

Graduate Academic Affairs sec.  
E-mail: m-daigakuin\*grp.tohoku.ac.jp

### **■ Employees:**

General Affairs sec.  
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※If you send an email in English, please include int-exchange\*med.tohoku.ac.jp (International Exchange Office) in CC.