

Statements about COVID-19 (Information) [NO.8]

Updated 2022.7.29 Hirosaki University

- ◆ **Reports to**: Teachers and staff need to report to your department of General Affairs.
Students need to report to your department of Academic Affairs.

- ◆ Faculty and Students who belong to Honcho campus which sets its original correspondence policy need to follow it.

【1】 Daily infection control measures

【1】 1. Infection control measures

- 1) Keep in mind four infection prevention measures.
① Wearing non-woven masks, ② Disinfect ③ Open the window to let fresh air in ④ Keep the distance.
- 2) If you were not wearing a face mask to talk to someone who doesn't live together, you would be infected COVID-19 for only 15 min, especially if it is a highly infectious virus. So, you need to be careful.
- 3) Install and use the contact-confirming application (COCOA), as recommended by the Japanese Ministry of Health, Labour and Welfare.

【1】 2. Physical condition and recording your health

- 1) Take your temperature twice (morning/night) a day and record your health condition. The Hirosaki University Health Administration Centre may ask you to submit the record depending on the situation.
- 2) It is good to make the report (when, who, where you met someone), just in the case of you tested positive for COVID-19.
- 3) It is difficult to differentiate flu and COVID-19 in the initial stage. Please do not doubt infection to COVID-19 if you are experiencing any flu-like symptoms.

【2】 Tested positive/ High-risk contact/Have a fever/Returned from oversea

【2】 1. If you are infected with COVID-19

【Students, teachers, staff】

- 1) It is prohibited from attending classes or work when you tested positive for COVID-19.
- 2) Please report to the faculty or department you belong to.
- 3) Please follow instructions from a public health center.
- 4) It is possible to end self-isolation when the public health center allows you to come back to the campus and work.
- 5) Even if you are allowed to enter the campus, you still need to follow the infection control measures.

【部局担当】

- ① 「感染等報告書 (別紙1)」、「行動記録票」を作成し、コロナ専用 (s-567@hokekan_covid19@) に報告する。
- ② 保健所が指示した制限解除日をもって、登校・出勤制限は解除となり、翌日から登校・出勤可能となる旨伝える。

【2】 2. If you are a close contact

【Students, teachers, staff】

- 1) Even if you do not get any instructions from a public health center, you will be prohibited from attending classes or work.
- 2) Please report immediately to the faculty or department you belong to.
- 3) The restriction period is 5 days (not including the day you had close contact with someone who tested positive for COVID-19).
- 4) If you don't feel any symptoms such as fever during the period of isolation, your restriction will be lifted on the sixth day.
- 5) Even if you are allowed to enter the campus, you still need to take care of yourself and follow the infection control measures.
- 6) If you feel any symptoms such as fever during the period of isolation, please contact the Health Centre or Call Center in Aomori prefecture and consult a Medical institution.

※ For example; (If you didn't have any restriction from the Health Centre)

- Someone tested positive for COVID-19 told you that you might be tested positive for COVID-19 as well.
- Hirosaki University told you that you were in close contact with tested positive for COVID-19 and directed you to stay home.

【部局担当】

- ①「行動記録票」は、後日「感染者」となった場合に備えて作成しておくこと。
- ②待機期間中に体調が悪化した場合は、速やかに保健所又はコールセンターに連絡するよう指示しておくこと。
- ③制限期間日の翌日から登校・出勤可能となる旨伝える。

【2】 3. If you feel any symptoms such as fever etc.

【Students, teachers, staff】

- 1) If you have a fever (over 37.5°C) or are hard to breathe, upper respiratory tract infection (URTI), you will be prohibited from attending classes or work.
- 2) Consult a medical institution immediately and also let your faculty or department know.
- 3) If you don't have a doctor (who is your GP), you can ask the call center of Aomori prefecture about the information of the medical institution.
- 4) After you consulted to the medical institution, then even if you got these results below (A or B), you still have to have self-isolation (to feel better), then finally, your isolation is finished in 48 hours.
 - A: In the case that you tested negative.
 - B: In the case that doctor says you don't need to get the PCR test.
- 5) You need to check your fever on a follow-up checkup sheet (Attachment 3). Hirosaki University might ask you to submit it later.

Attention 1) If you don't go to the doctor, your self-isolation will be lifted in 10days(Including the day you felt symptoms).

【部局担当】

- ①医療機関を受診していない者については、感染防止の観点から、必ず受診するよう指示する
- ②検査結果「陰性」又は検査不要と診断された者には、症状軽快後、48時間で制限解除となる旨伝える。

【2】 4. If you return from overseas travel

【Students, teachers, staff】

- 1) After you enter Japan, you need to follow the guideline from the Quarantine place.
- 2) Until the self-isolation which the Japanese government announces is finished, you will be

prohibited from attending classes or work.

3) As soon as you get the information of self-isolation on the day you will arrive in Japan, report to the faculty or department you belong to.

4) You need to check your fever on a follow-up checkup sheet (Attachment 3). Hirosaki University might ask you to submit it later.

5) After you come back to your home, please keep following the infection control measures.

6) If you feel any symptoms such as fever etc., please refrain from attending classes or work and consult a medical institution immediately and also let to know the faculty or department you belong to.

【3】 If someone you live together is recognized as a person in close contact with someone tested positive for COVID-19 or felt any symptoms such as fever etc.

【3】 1. If someone you live together is recognized as a person in close contact with someone tested positive for COVID-19.

【Students, teachers, staff】

1) If someone you live together is recognized as a person in close contact with someone tested positive for COVID-19 by Health Centre, you will be prohibited from attending classes or work.

2) Please report to the faculty or department you belong to.

3) If the person's result is negative and you don't have any symptoms, you can come back to the campus and work.

4) If the person doesn't get the PCR test, you will be prohibited from attending classes or work during the restriction period of the person(5days(not including the day the person had close contact with someone who tested positive for COVID-19)) and you can come back to the campus and work from 6rd day.

5) If the kindergarten or nursery school where the person belongs was closed, you will be prohibited from attending classes or work until the period of the closure is finished.

※ For example; (If you didn't have any restriction from the Public health center)

- The person who tested positive for COVID-19 told the person who lives with you that the person might also be tested positive for COVID-19.
- Hirosaki University told you that you were in close contact with tested positive for COVID-19 and directed you to stay home.
- The school where your child belongs told you that your child was in close contact with tested positive for COVID-19.
- The kindergarten or nursery school where your child belongs was closed.

【部局担当】

① 制限期間終了で、本人が無症状であれば、登校・出勤制限を解除する。

【3】 2. If the person who lives together have symptoms such as fever etc.

【Students, teachers, staff】

1) If the person has a fever (over 37.5°C), or is hard to breathe, or upper respiratory tract infection(URTI), you will be prohibited from attending classes or work.

2) Please report to the faculty or department you belong to.

3) If the person gets these results below (A or B), also if you don't have any symptoms such as fever etc., you don't have to have a self-isolation.

A: In the case that the person tested negative

B: In the case that the person doesn't get the PCR test, but gets to feel better and past 48 hours.

Attention 1) If the symptoms are recognized as not coming from covid-19, the restriction might be lifted.

【部局担当】

- ① 同居者の検査結果が「陰性」、又は症状軽快後 48 時間経過した時点で、本人が無症状であれば、登校・出勤制限を解除する。

【4】 Regarding when you are going to visit “specific domestic area” in Japan.

【4】 1. Regarding when you are going to visit “specific domestic area” in Japan.

【Students, teachers, staff】

- 1) The “specific domestic area” in Japan is informed on the Hirosaki University website. The prefectures could be changed occasionally, so please check the website daily.
- 2) Please submit the report sheet (Attachment 1) to the faculty or department you belong to. The deadline is 3 days before you are going to “specific domestic area” in Japan.
- 3) When you visit “specific domestic area”, please follow the preventive measures specified by Hirosaki University.
- 4) You need to submit a check sheet (Attachment 2) to the faculty or department you belong to. The deadline is within 3 days (not including the day you arrive at your home).
- 5) You must manage your health condition (such as fever) and check on the follow-up sheet (Attachment 3) and keep it by yourself. Hirosaki University Health Administration Centre might ask you to submit it later.
- 6) After you come back to your home, please keep following the infection control measures.
- 7) If you feel any symptoms such as fever etc., please refrain from attending classes or work and consult a Medical institution immediately and also report to the faculty or department you belong to.

【部局担当】

- ① 「国内特定地域移動届（様式1）」、「国内特定地域移動チェックシート（様式2）」は各部局で保管する。
② 提出された「国内特定地域移動チェックシート（様式2）」で、発熱症状「あり」にチェックがあった場合は、登校・出勤を制限する。

【4】 2. When you are visiting “not specific domestic area”

【Students, teachers, staff】

- 1) You don't need to submit the report sheet if you were going to “not specific domestic area”. But please keep following the infection control measures like in “specific domestic area”.

【5】 Others

【5】 1. Regarding side effects by the vaccine

After getting a vaccine, you would get some side effects such as fever etc., but if you take an antipyretic, then feel better you can come back to the campus and work.

【1】 Regarding to be lifted your enter to the campus

1. Someone tested positive/ had high risk contact,/have some symptoms/ returned from oversea

Who	The period to be lifted	To be lifted
Someone tested positive	Medical treatment period by health center	Until his/her self-isolation will be lifted by health center.
High risk contact (※)	Until 5 days after that you had contact with someone tested positive.	If you don't feel any symptoms such as fever.
Someone has some symptoms	1) Someone consulted a Medical institution : 48 hours restriction. If you get these results below (A or B) A. In the case that you tested Negative B. In the case that doctor says you don't need to get the PCR test.	Feeling better and past 48hours
	2) Someone doesn't consult a Medical institution : 10days restriction	Your restriction will be lifted on the 10th day.
Someone returned from oversea	You need to follow the guideline by the Japanese government.	follow the guideline by the Japanese government

2. Someone you live together might be high-risk contact/ have some symptoms such as fever

Who	The period to be lifted	To be lifted
Someone you live together is high-risk contact	1) Until find out his/her PCR result 'Ngnative'.	if you're completely fine.
	2) 5days restriction(not including the day you had close contact with someone who tested positive for COVIT-19). In the case that the person doesn't get the PCR test.	if you're completely fine.
	3)Until the period of the clousure is finished. In the case that thekindergarten or nursery school where the person belongs was closed.	if you're completely fine on the end of the period of the clousure .
Someone you live together have some symptoms such as fever	Until his/her results find out 'Ngnative'.	If you are completely fine.
	Feeling better and past 48hours. In the case that doctor says the person doesn't need to get the PCR test.	if you're completely fine.

※For example: (If you didn't have any restriction from the Health Centre)

- The person tested positive for COVID-19 told the person who lives with you that might be high-risk contact.
- Hirosaki University told you that you are in close contact with tested positive for COVID-19 and directed you to stay home.
- The school where your child belongs to told that your child is high-risk contact.
- The kindergarten or nursery school where your child belongs was closed.

【2】 High-risk contact, symptoms such as fever

1. What is High-risk contact...

High-risk contact is a person who falls under any of the following among those who have come into contact with the infected person during the infectable period (*) of the infected person.

- ・ Those who live with the infected person or have been in contact for a long time
- ・ Those who have a direct cough or sneeze of an infected person or who have come into direct contact with contaminants such as body fluids
- ・ Persons who have been in contact with an infected person for 15 minutes or more (conversation, etc.) without wearing masks(including cases where they are not properly worn) at a distance that can be touched by hand (about 1 meter).
- ・ A person who has been with an infected person (without wearing a mask) within 1 meter for 15 minutes or more in a poorly ventilated room or in a car.
- ・ Those who were caring for or caring for an infected person without proper infection protection

※Estimated infectable period

- ・ 感染者の発症日を0日として2日前から
- ・ 感染者が発症していない場合は、感染者の検査日を0日として2日前から

2. What are any symptoms such as fever?

The Omicron is very difficult to distinguish from cold symptoms.

If you have any of the following symptoms, please be sure to visit a medical institution without going to school or work.

–Symptoms such as fever –

1. Have fever symptoms above 37.5°C
2. Have difficulty breathing (dyspnea)
3. There is strong fatigue (fatigue)
4. There are two or more of the following symptoms
 - ・ Have a cough
 - ・ Sore throat
 - ・ Can't feel the taste (have dysgeusia)
 - ・ Can't smell (have a sense of smell)
 - ・ Have diarrhea (except when a cause other than the new coronavirus infection such as chronic disease or food poisoning is suspected)

【3】 Contact information of public institution

【Health Centre in Aomori prefecture】

- ◆If you have any idea, such as contact with a patient with a new coronavirus infection
- ◆When contact confirmation is notified with a positive person by the new coronavirus contact confirmation application (COCOA)

Hirosaki Health Centre : 0172-33-8521

Aomori Health Centre : 017-765-5280

Goshogawara Health Centre : 0173-34-2108

Open hours : 8 : 30~17 : 00

(Except for weekends and public holidays)

【Aomori Prefecture New Coronavirus Infectious Disease Call Centre】

- ◆If you have symptoms such as fever, but you don't have a doctor like GP

TEL : 0120-123-801

Open hours : 24 hours including weekends

and public holidays

- ◆If you have a doctor GP, contact them

【Aomori Prefecture's new coronavirus infections disease homepage】

<https://www.pref.aomori.lg.jp/soshiki/kenko/hoken/covid19.html>

- ◆Information on medical / testing medical institutions designated by the prefecture, free PCR test information conducted by the prefecture, etc...

https://www.pref.aomori.lg.jp/soshiki/kenko/hoken/aomori_free-test.html