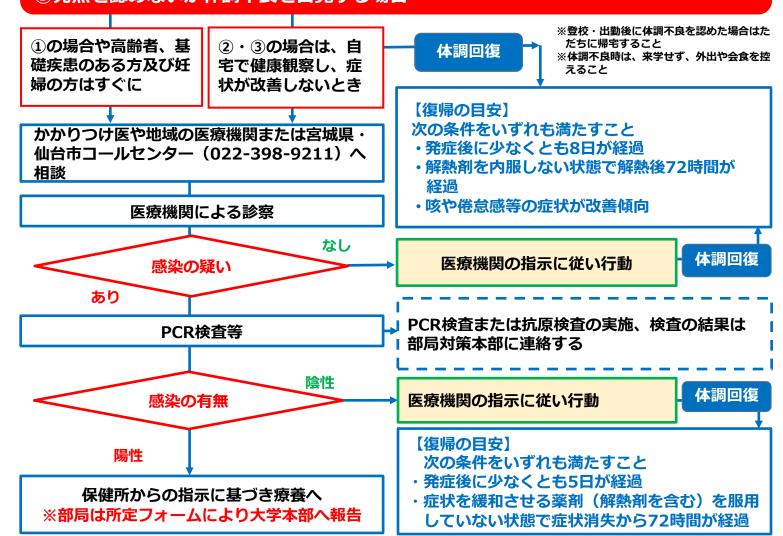
# 新型コロナウイルス感染症対策(体調不良者対応等)フロー図

- ①息苦しさ(呼吸困難)、強いだるさ(倦怠感)、高熱などの強い症状がある
- ②発熱や咳などの風邪症状がある(比較的軽い風邪症状も含む)
- ③発熱を認めないが体調不良を自覚する場合





#### 【濃厚接触の疑いのある者】

- ①陽性者の症状が出る2日前から接触した者のうち、必要な感染予防策をせずに手で触れた場合
- ②対面で互いに手を伸ばしたら届く距離(1m程度)で、必要な感染予防策なしで15分以上(密閉された空間なら15分未満でも) 接触した場合
- ③陽性者と同居あるいは長時間(車内、航空機内等を含む)の接触があった場合 等
- ※濃厚接触者の調査中の者及び濃厚接触者に特定されなかった者は、感染の疑いを完全に否定するものではありません。 不要不急の外出は控えるなど、他人へ感染させない行動に努め、濃厚接触者の調査中の者は、調査終了まで自宅での健康観察を実施する。なお、濃厚接触者と特定されなかった者は、復帰後も継続して健康観察を実施する。
- ※ 当該フロー図は、主に体調不良時の対応を示すもので、業務や行事に関連してPCR検査等を受検した場合は対象外とします。
- ※ 新型コロナウイルス接触アプリ(COCOA)において、陽性者との接触の可能性がある等の通知を受けた場合は、速やかにアプリの指示どおり相談先に連絡をしてください。
- ※ 医療従事者等は、所属先が定めるルールに従い対応してください。

### Flow Chart of Measures to Combat the New Coronavirus (for those in poor health)

- 1 Serious symptoms such as shortness of breath, fatigue, or high fever
- 2 Symptoms of a cold such as a fever or cough (including relatively mild symptoms)
- 3 If you do not have a fever but feel unwell

In cases such as those described in ①, the elderly, those with underlying medical conditions, and pregnant women are advised to consult a doctor immediately.

(022 - 398 - 9211)

In cases such as those described in ② and ③, the patient should monitor their health at home if the symptoms do not improve.

※If you feel unwell after arriving at the university, return home immediately

※If you are feeling unwell, do not come to the university, and refrain from going out or for meals.

#### Signs of recovery:

**Feeling** 

better

All of the following conditions must be met

- At least 8 days have passed since the onset of symptoms
- 72 hours have passed since your fever disappeared without the need for fever-reducing medicine
- There has been an improvement in symptoms such as coughing and fatigue

Examination by a medical institution

**PCR** or other Tests

Consult your family doctor, local medical institution, or the Miyagi Prefecture/Sendai City Call Center

Suspicion of infection
Yes

Act as instructed by the medical institution

Feeling better

Tell your department what the medical institution instructed you to do (about any scheduled PCR test or antigen test (hereinafter PCR or other tests), etc.)

Result of Tests
for Infection
Positive

Act as instructed by the medical institution Feeling better

Medical treatment in accordance with the instructions from the medical institution

**XYour department will inform the university's main office using a designated form.** 

Signs of recovery:

All of the following conditions must be met

- At least 5 days have passed since the onset of symptoms.
- 72 hours have passed since the disappearance of symptoms.

For those who have been in close contact with other

Those who have been in close contact with others

Investigation of close contacts

Identification of close contacts PCR or other tests

Signs of recovery:

All of the following conditions must be met:

- No symptoms of poor health
- 5 days of observing your health at home have passed since the last date on which you were in contact with an infected person

A sign that you are recovering:

No symptoms of poor health

Situations in which you are considered to have been in close contact with others:

① If you were in close contact with a person confirmed to be infected within the 2-day period before they displayed symptoms and your hands made contact and you had not taken the necessary preventive measures.

② If you were positioned face to face within an arm's length of each other (about 1 m) for 15 minutes or more and you did not take the necessary measures against infection.

**Negative** 

③ If you live with someone who has tested positive or have spent a long time with someone who has tested positive (including on journeys by car or airplane, etc.) etc.

\*\*Neither those who are being checked as to whether they are close contacts nor those who have been identified as not being close contacts are guaranteed to be completely clear of infection.

Aside from not going out for unnecessary and non-urgent reasons, etc., to prevent others from becoming infected, those who are being checked as to whether they are close contacts should keep an eye on their own health at home until they have been cleared, and those who have been identified as not being close contacts should keep an eye on their own health on return to work.

- \* The above flow chart is mainly to show how to respond when you are in poor physical condition and does not apply if you have taken a PCR test, etc. in connection with your work or other functions.
- \* If you receive a notification from the COVID-19 Contact-Confirming Application (COCOA) that you may have come into contact with someone who has tasted positive for COVID-19, please make contact immediately with a consultant as instructed by the app.

\* Medical personnel should follow the rules set by their departments.

Contact for the Flow Chart: Center for Environmental Conservation and Research Safety (anzen@grp.tohoku.ac.jp)

## **新冠肺炎感染症之**对策(身体不适时之应对方法等)流程图

- ①出现呼吸困难、极度倦怠、以及高烧等症状 ②出现发烧及咳嗽等感冒症狀(包括相对轻微的感冒症状) ③雖确认**沒有**发烧,但感觉身体不舒服 ※在校·出勤后,如感觉身体不适, 若是上述②③ 的情况, 若出现上述①的情况, 应立即回家。 恢复健康状态 老年人、有基础疾病的 应在家中进行健康观察, ※如果感觉身体不舒服,不要来 校, 尽量避免外出和聚餐。 人和孕妇应立即: 若症状无好转 【可恢复正常生活的判断标准】 立即联系你的主治医·附近的医生、或当地医疗机构、 必须符合下列所有条件 或宫城县/仙台市呼叫中心(022-398-9211)。 •确认感染并出现症状后,至少经过了8天。 退烧后的72个小时之内没有再服用退烧药 咳嗽、倦怠等症状呈改善倾向 在医疗机关接受诊断 无 日常行动应遵从医疗机构的 恢复健康状态 疑似感染 指示 有 进行PCR或抗原测试;将测试结果通报给部门工作 接受PCR检查 阴性 日常行动应遵从医疗机构 恢复健康状态 确认是否感染 的指示 阳性 【可恢复正常生活的判断标准】 必须符合下列所有条件 ·出现流程图所示①②③症状后,至少已经过5天。 遵从保健所的指示开始疗养 在没有服用包括退烧药等缓解症状药物的状态下,自症 ※所在院系将通过指定形式上报大学本部。 状消失,已经过72小时。 疑似与新冠患者有密切接触者的流程图 【可恢复正常生活的判断标准】 必须符合以下所有条件 · 没有出现身体不适等症状 · 与感染者最后接触之日起, 已经过5天的 确定密切接触者 居家健康观察。 疑似与新冠患 进行PCR 对**密切接触者**实 者有密切接触 检测等 行调查 者 【可恢复正常生活的判断标准】 · 没有出现身体不适等症状 【疑似与新冠患者有密切接触者】 ①与核酸检测呈阳性并在其出现症状的两天前有接触者之中,没有采取必要的感染预防措施,与其有过经手接触 ②与上述阳性患者处在伸手可及的范围(约1米),无任何感染预防措施,接触时间超过15分钟(如果是密闭空间则少于15分钟) ③与上述阳性者一起生活或有长时间的接触等(包括各类机动车内、机舱内等等) ※正在接受调查的密切接触者、以及尚未被确认为密切接触者的人,不能否定无感染可能。 因此,请务必减少不必要的外出,尽力防止传染他人。正在接受密切接触者调查的人,在结果出来之前实行居家健康观察。
- ※本流程图旨在提示身体不适时之对应方法,若是与业务及各类活动相关之PCR检查,则不属于本流程图所示对象。
- ※如果您收到来自新冠病毒app(COCOA)的可能是密切接触者的通知,请立即与app所指示的相关单位联络。
- ※服务于医疗机构者,应遵从所属机构之所定规则进行应对。

即使没有被確定为密切接触者,在恢復正常生活之后亦需持续对自身健康的观察。