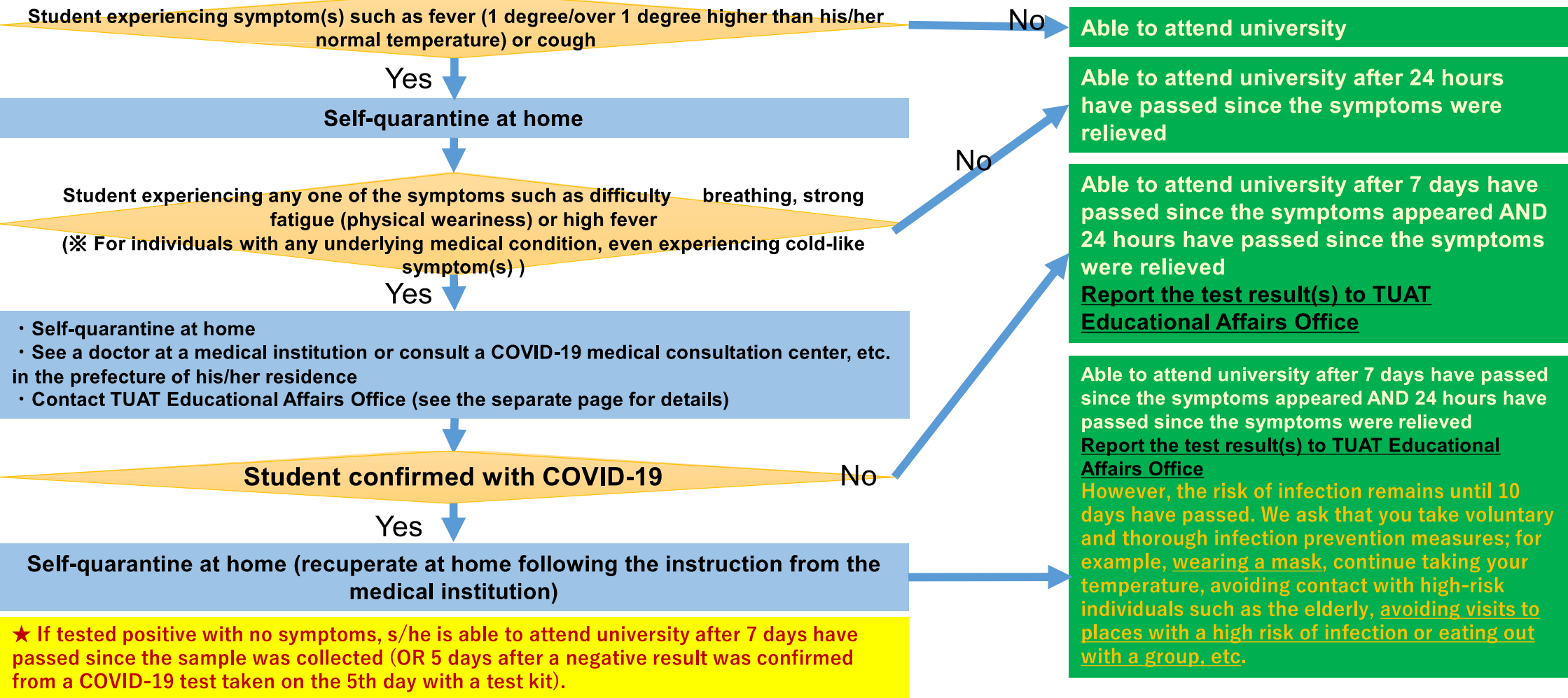


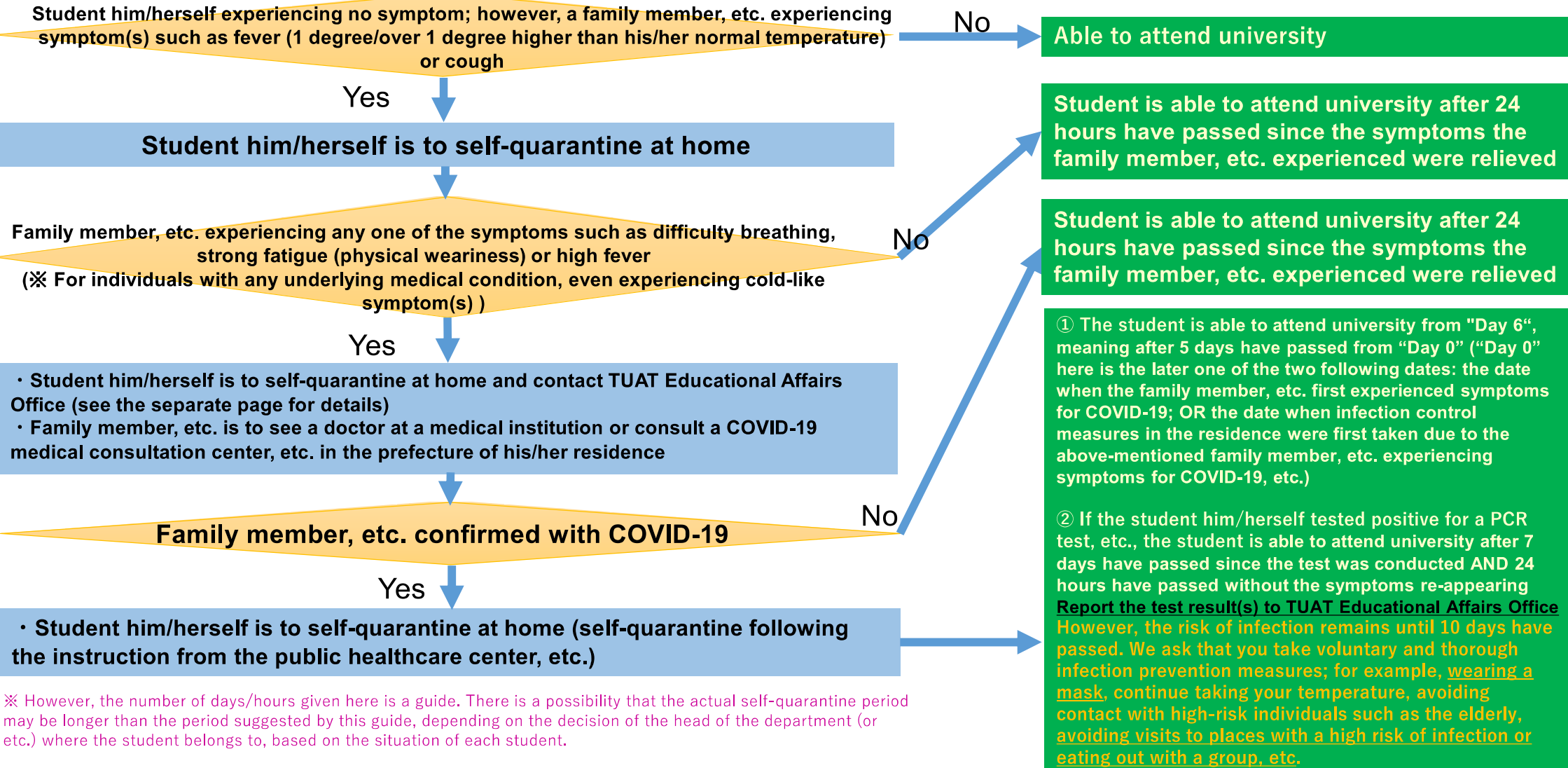
# Self-Quarantine Guide When Student Him/Herself is in Poor Physical Condition



※ However, the number of days/hours given here is a guide. There is a possibility that the actual self-quarantine period may be longer than the period suggested by this guide, depending on the decision of the head of the department (or etc.) where the student belongs to, based on the situation of each student.

**Able to attend university after 7 days have passed since the symptoms appeared AND 24 hours have passed since the symptoms were relieved**  
**Report the test result(s) to TUAT Educational Affairs Office**  
However, the risk of infection remains until 10 days have passed. We ask that you take voluntary and thorough infection prevention measures; for example, wearing a mask, continue taking your temperature, avoiding contact with high-risk individuals such as the elderly, avoiding visits to places with a high risk of infection or eating out with a group, etc.

# Self-Quarantine Guide When Student's Family Member, etc. is in Poor Physical Condition



※ However, the number of days/hours given here is a guide. There is a possibility that the actual self-quarantine period may be longer than the period suggested by this guide, depending on the decision of the head of the department (or etc.) where the student belongs to, based on the situation of each student.

# Be Aware of COVID-19 Transmission!

- Avoid the “Three Cs” (closed spaces, crowded places, and close-contact settings).
- Be sure to wear a mask and wash/disinfect your hands on a daily basis.
- Refrain from conversation in the following conditions: while facing each other, in a close distance, or with a loud voice.
- Refrain from gathering to eat or drink with others regardless of whether they belong to TUAT or not; OR whether it is in a restaurant or in someone’s private house/residence, etc.
- Stay home and take rest if you experience any cold-like symptoms such as fever, cough, sore throat or runny nose.

**If you have taken/will be taking a PCR test, etc.,  
OR have been identified as a  
close contact of a COVID-19 case,  
OR have been confirmed with COVID-19,  
immediately contact the following.**

\* We will ask:

- Name, affiliation, student ID number (for students) and contact information
- People (affiliated with TUAT) in contact with in the past two weeks
- TUAT facilities visited/entered in the past two weeks

\* For general questions or concerns about COVID-19 transmission, you can also contact the following.

\* If one belonging to a laboratory, etc. is confirmed with COVID-19, Educational Affairs Office/General Affairs Office will provide instruction/guidelines to him/her through the office in charge of his/her affiliation.

**[Contact]** Please submit a completed report through Google Forms (access from the QR code or link below) or call the phone number below.

<Report on Google Forms>

<https://forms.gle/x7TN85zxEATLghmZ6>

<Phone>

- Students: 042-367-5537 (Educational Affairs Office)
- Teaching/Administrative staff: 042-367-5933 (General Affairs Office - Environmental Safety and Management Office)

\* During non-office hours (on weekends/holidays or on weekdays 17:15 - 8:30), please call Security Office at 042-367-5504 (for international students: 090-5773-8562).

\* Please do not hesitate to contact us even during non-office hours.

