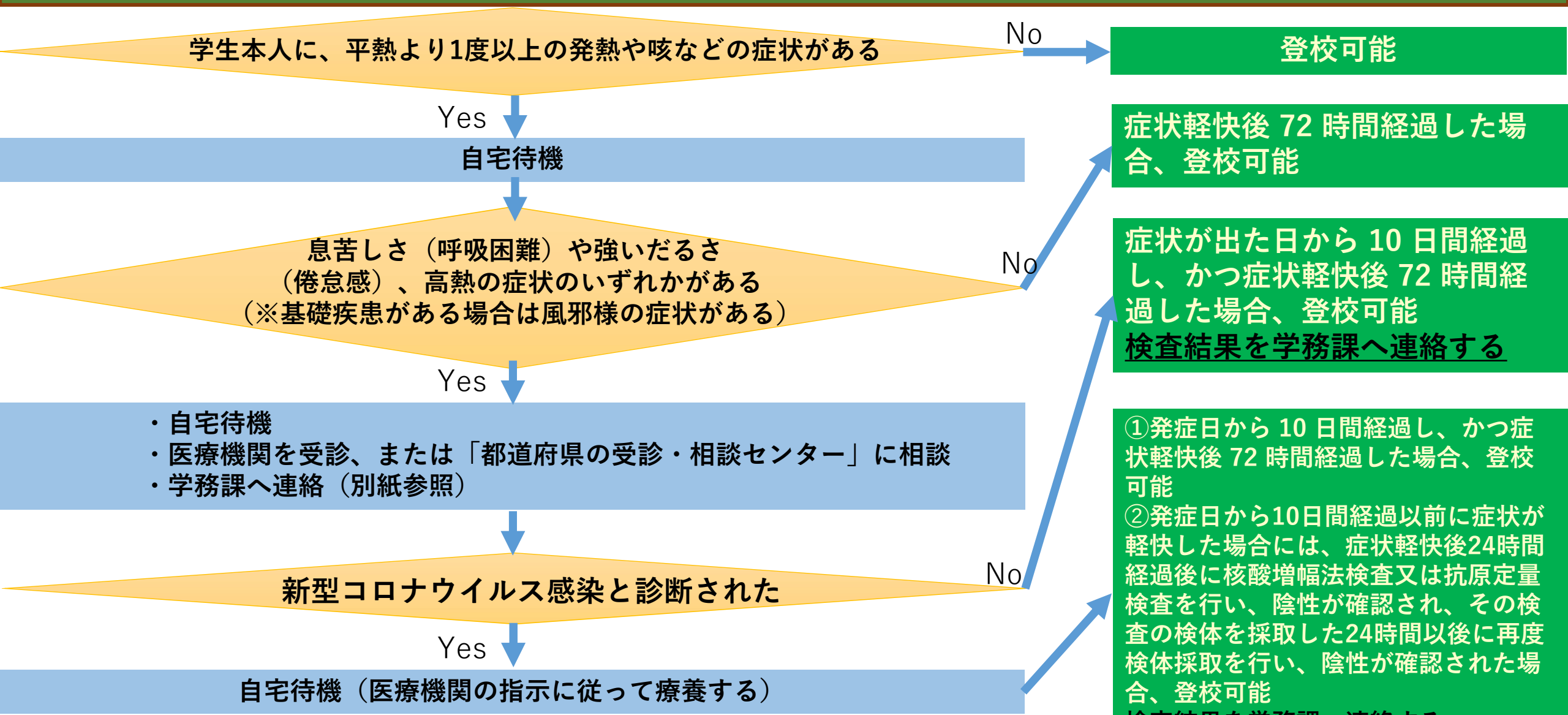
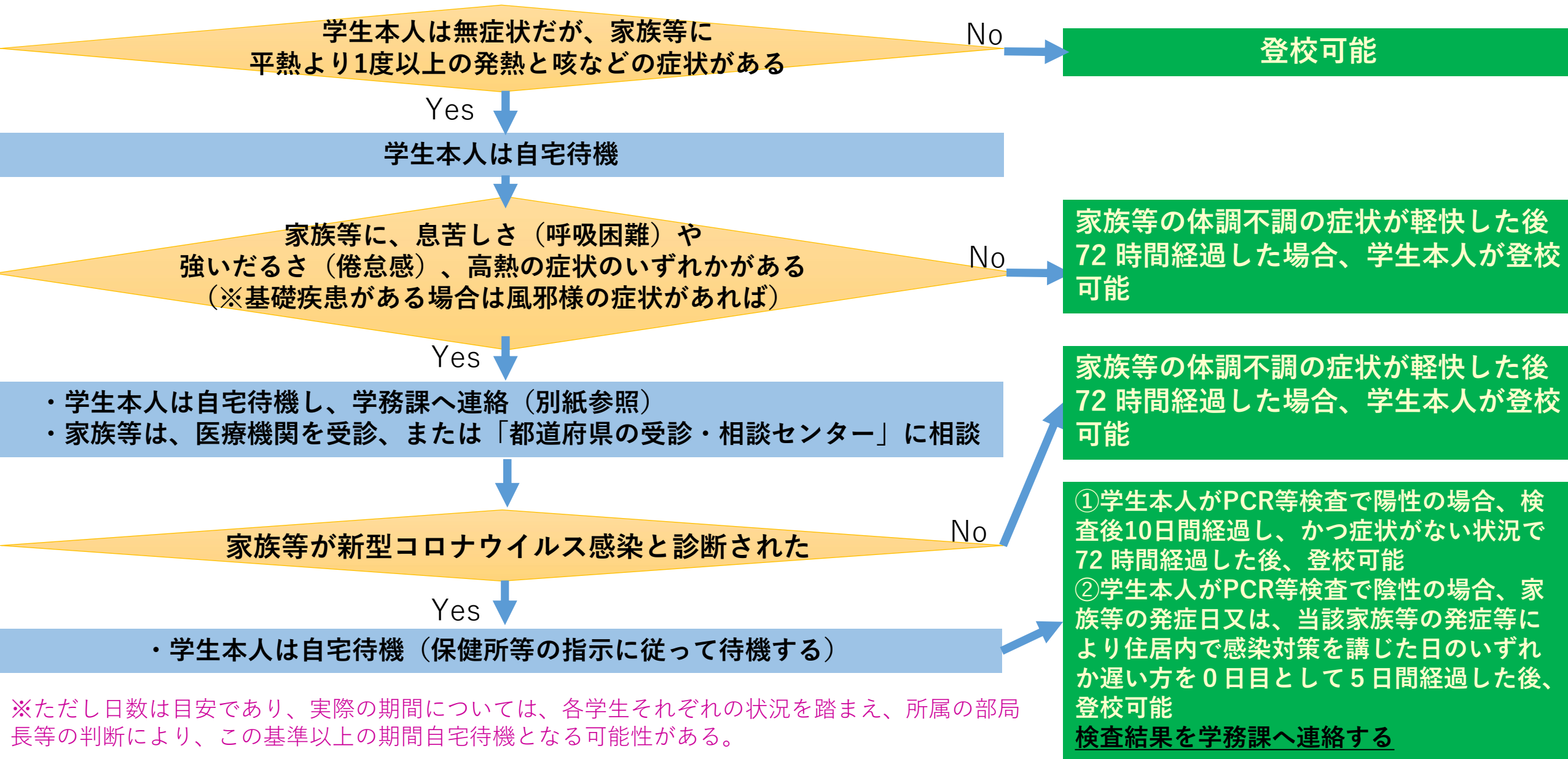


# 学生本人の体調不良時の自宅待機目安



※ただし日数は目安であり、実際の期間については、各学生それぞれの状況を踏まえ、所属の部局長等の判断により、この基準以上の期間自宅待機となる可能性がある。

# 家族等の体調不良時の自宅待機目安



# 新型コロナウイルス感染に注意してください！

- 3密（“密閉”“密集”“密接”）を回避してください。 ※特に換気に注意
- 日常的なマスク着用、手洗い、手指消毒を徹底してください。
- 向かい合っただの会話、間近での会話、大声での発生を控えてください。
- 学内者、学外者を問わず、また、飲食店、自室などの場所を問わず、会食は注意してください。
- 風邪様の症状（発熱、咳、のどの痛み、鼻水など）がある場合は、無理せず自宅で休養してください。

**新型コロナウイルスに感染※1したら、  
濃厚接触者※2に指定されたら、  
下記までご連絡ください。**

※1 新型コロナウイルス感染症への感染が疑われる場合を含みます。

※2 《濃厚接触者の定義》東京都HPより

感染可能期間(発症2日前等)に接触し、次の範囲に該当する方

- 1.同居あるいは長時間の接触(車内・航空機内等を含む)があった
- 2.適切な感染防護なしに患者を診察、看護もしくは介護した
- 3.患者の痰や体液等の汚染物質に直接触れた可能性が高い
- 4.手で触れることのできる距離(目安として1メートル)で、必要な感染予防策なしで、患者と15分以上の接触があった

◎新型コロナウイルス感染に関するご相談やご質問についても、下記までご連絡ください。

◎研究室等で陽性者が発生した場合の対応は、本部より部局担当者を通じて指示します。

**【連絡先】** 原則、Googleフォームにてご連絡ください。

< Googleフォーム >

<https://forms.gle/x7TN85zxEATLghmZ6>



< 電話 >

学生:042-367-5537 (学務課)

教職員:042-367-5933 (総務課環境安全管理室)

※業務時間外(休日、平日17:15~翌8:30)の電話連絡先  
守衛室 042-367-5504

東京農工大学  
学務課・総務課

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

Student experiencing symptom(s) such as fever (1 degree/over 1 degree higher than his/her normal temperature) or cough

No

Able to attend university

Yes

Self-quarantine at home

Student experiencing any one of the symptoms such as difficulty breathing, strong fatigue (physical weariness) or high fever (※ For individuals with any underlying medical condition, even experiencing cold-like symptom(s) )

No

Able to attend university after 72 hours have passed since the symptoms were relieved

Yes

- Self-quarantine at home
- See a doctor at a medical institution or consult a COVID-19 medical consultation center, etc. in the prefecture of his/her residence
- Contact TUAT Educational Affairs Office (see the separate page for details)

Student confirmed with COVID-19

No

Able to attend university after 10 days have passed since the symptoms appeared AND 72 hours have passed since the symptoms were relieved  
Report the test result(s) to TUAT Educational Affairs Office

Yes

Self-quarantine at home (recuperate at home following the instruction from the medical institution)

① Able to attend university after 10 days have passed since the symptoms appeared AND 72 hours have passed since the symptoms were relieved  
② If the symptoms are relieved before 10 days have passed since the symptoms appeared, take either a Nucleic Acid Amplification Test (NAAT, 核酸増幅検査) or a Quantitative Antigen Test (CLEIA, ECLIA, 抗原定量検査) after 24 hours have passed since the symptoms were relieved. If you are tested negative in the first test AND you are tested negative again in the second test which should be conducted after 24 hours have passed since the first test sample was collected, you can attend university.  
Report the test result(s) to TUAT Educational Affairs Office

※ 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.

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

Student him/herself experiencing no symptom; however, a family member, etc. experiencing symptom(s) such as fever (1 degree/over 1 degree higher than his/her normal temperature) or cough

No

Able to attend university

Yes

Student him/herself is to self-quarantine at home

Family member, etc. experiencing any one of the symptoms such as difficulty breathing, strong fatigue (physical weariness) or high fever  
(※ For individuals with any underlying medical condition, even experiencing cold-like symptom(s) )

No

Student is able to attend university after 72 hours have passed since the symptoms the family member, etc. experienced were relieved

Yes

- Student him/herself is to self-quarantine at home and contact TUAT Educational Affairs Office (see the separate page for details)
- Family member, etc. is to see a doctor at a medical institution or consult a COVID-19 medical consultation center, etc. in the prefecture of his/her residence

Student is able to attend university after 72 hours have passed since the symptoms the family member, etc. experienced were relieved

Family member, etc. confirmed with COVID-19

No

① If the student him/herself tested positive for a PCR test, etc., the student is able to attend university after 10 days have passed since the test was conducted AND 72 hours have passed without the symptoms re-appearing

Yes

- Student him/herself is to self-quarantine at home (self-quarantine following the instruction from the public healthcare center, etc.)

② If the student him/herself tested negative for a PCR test, etc., the student is able to attend university from "Day 6", meaning after 5 days have passed from "Day 0" ("Day 0" here is the later one of the two following dates: the date when the family member, etc. first experienced symptoms for COVID-19; OR the date when infection control measures in the residence were first taken due to the above-mentioned family member, etc. experiencing symptoms for COVID-19, etc.)

**Report the test result(s) to TUAT Educational Affairs Office**

※ 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). \*Especially, pay attention to ventilation
- 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 become infected with COVID-19 ※1, OR identified as a close contact to a COVID-19 positive individual ※2, please contact the following.**

※1 Including suspected infection cases with COVID-19

※2 <<Definition of a close contact>> according to the website of Tokyo Metropolitan Government Those who had contact with a person who is confirmed with COVID-19 during the time when the infected person was possibly infectious (from 2 days before the infected person begins having symptoms, etc.) AND if engaged in one of the following activities:

1. Lives together or had long-term contact with the infected person (including inside a car, plane, etc.)
2. Gave medical care or medical/physical assistance to the infected person without appropriate infection protection equipment
3. Was at high risk of direct contact with the infected person's respiratory secretions or bodily fluids, etc.
4. Had contact with the infected person within arm's reach (about 1 meter), without necessary infection prevention measures, for 15 minutes or longer

◎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 responsible for the student/staff confirmed with COVID-19.

[Contact] Please report via the following Google form, as a general rule.

<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): 042-367-5504 (Security Office) (for international students: 070-4445-0097)

