

Attachment

1. Close Contacts

Who is a 'close contact'?

A 'close contact' refers to an individual with whom you (the person who has tested positive) came into close contact during the period from two days before the onset of illness (or two days before the date of testing if asymptomatic) to the date the positive result was confirmed. Close contacts include:

- Those who live with you or who have been in contact with you (in a car, plane, etc.) for an extended period.
- Those who have spent 15 minutes or more within 1 meter of you without taking preventative measures against infection, such as wearing a mask. (When in enclosed spaces, those who have spent less than 15 minutes with you are also considered a close contact.)
- Those who have examined, nursed, or provided care for you without taking the appropriate preventative measures against infection.
- Those who, in taking care of you, likely came into direct contact with active contaminants, such as airborne droplets and/or bodily fluids.

Source: National Institute of Infectious Diseases. Manual for Active Epidemiological Surveillance of Patients with Novel Coronavirus Infection.

Examples of individuals who are considered close contacts:

(1) . A person is considered a close contact if they spent over 15 minutes within one meter of you in the following situations, even if one of you were wearing a mask:

- One of you was wearing a mask incorrectly (not covering the nose or mouth).
- In a classroom, etc. with you.
- Eating or drinking with you.
- Engaged in physical activity, such as sports, with you.
- In a small, poorly ventilated meeting space with you.
- In a bus, car, shared outdoor smoking area, etc. with you.

(2) . Even if two individuals were both wearing masks, they would be considered close contacts in the following situations.

- Those who have been in an enclosed environment with poor ventilation with you for an extended period (including time spent in a car).
- Those who have engaged socially in largely vocal activities with you in poorly ventilated spaces, such as karaoke or some student club activities.
- Those who live with you or have shared the same overnight accommodations.

Although not included in the requirements in the box above, it falls under the category of 'Close contacts'

※One hour or more is considered 'an extended period'.

Examples of individuals who are not considered close contacts:

- Those who took appropriate preventative measures against infection during classes, seminars, etc.
- Those who took appropriate preventative measures against infection in work spaces.

Reporting by form is required in the following cases;

- Identified as a close contact by the public health center
- Have been in close contact with someone who has tested positive at your home
- Have been in close contact with someone who has tested positive off campus

2. Important notices for those who have been in contact with someone who has tested positive

(1) When you have been in close contact with someone who has tested positive (in principle, remain at home)

- Remain at home. For 5 full days after your last contact with an individual who has tested positive, you should keep an eye on your health at home. (Measure your temperature every morning and evening and record the presence or absence of symptoms).
- If you start to feel poorly, contact your family doctor or the Miyagi/Sendai City Call Center (022-398-9211). However, until 7 days have passed, please observe all of the points below: (There is no need to stay at home for another 2 days after the five-day home quarantine period has ended.)
- Keep an eye on your health, refrain from coming to the university if you feel unwell, and promptly report the situation. It is recommended that you also promptly consult a medical institution.
- Avoid contact with those who are at high risk of becoming seriously ill if infected, such as the elderly and those with underlying conditions; avoid unnecessary and non-urgent visits to facilities for the elderly or for children with disabilities, where many who have been admitted/hospitalized are at a high risk of infection; and avoid unnecessary and non-urgent visits to medical institutions (excluding your own consultations). You should also refrain from activities where there is a high risk of becoming infected, such as participating in large events and dining in places where large numbers of people are likely to gather.
- Meetings, etc. should be attended via the Internet.
- Avoid contact and talking in person with other people as much as possible.
- Be consistent in wearing a mask while working. (This applies to employees)
- Be consistent in wearing a mask. (This applies to students)
- Dine by yourself and pay attention to ventilation.

(2) If more than 7 days have passed since your last contact with someone who has tested positive

When more than 7 full days have passed since the date of your last contact with someone who has tested positive, you should observe the following:

- Please continue to keep an eye on your health on a daily basis, refrain from coming to the university if you feel unwell, and promptly consult a medical institution.

Note: The day of your last contact with someone who has tested positive is counted as Day Zero.