

## Flow Chart on What to Do If You Have Cold-like Symptoms

If you think you may be infected with COVID-19 or even if you only have common cold-like symptoms

### Severe

- Experiencing extreme fatigue, shortness of breath, or high fever
- Elderly, pregnant, those with an underlying condition, and those with cold-like symptoms.
- Cold-like symptoms last for more than 4 days

Consult your personal doctor or a medical institution in your area via telephone. If you are unsure about which medical institution to consult, please contact your nearest health center or Consultation Center.  
(See Attachment A)

Not Severe

Notify your department\*

Follow the instructions of your department

PCR test not required

Follow instructions given at consultation

PCR test required

- Notify your department of your condition
- Take a PCR test

- Follow the instructions of the health center
- Notify your department of your condition
- Recuperate at home for the period specified by Kyushu University  
(See Attachment B)

Negative PCR test result

Positive PCR test result

- Follow the instructions of the health center
- Notify your department of your condition

\*Affiliated department

Faculty and staff: Contact the general affairs section in your department

Contact List: <https://www.kyushu-u.ac.jp/ja/contact/department/>

(Only available in Japanese)

Students: Contact the student affairs section in your school or faculty

First-year undergraduates should contact Academic Student Support Section, Student Support Division, Student Affairs Department

Contact list: <https://www.kyushu-u.ac.jp/en/notices/view/191>

# If You Experience Symptoms Such as Fever or Cough...

## AttachmentA

If you have relatively mild cold symptoms such as a fever or cough:

- ✓ Recuperate at home
- ✓ Refrain from going out
- ✓ Record your temperature every day

- ① If you are experiencing extreme fatigue, shortness of breath, or high fever
- ② If you have medical conditions\* or if you are pregnant
- ③ If other symptoms such as a fever persist

① / ②: Immediately  
③: If symptoms persist for 4 days or more

**Consult your personal doctor or a medical institution in your area via telephone.**

If treatment/testing **is available** at the medical institution consulted

**Visit the medical institution**

If treatment/testing **is not available** at the medical institution consulted  
**OR**  
If you **do not know** of a medical institution to consult

Please contact one of the consultation centers listed below.

Consultation Center	Telephone number
Multilingual Hotline for Non-Japanese Speakers in Fukuoka City	092-687-5357 (24-hour service in 19 languages)
Multilingual Medical Information Service Call Center in Fukuoka Prefecture	092-286-9595 (24 hours, 365 days, 17 languages)

Fukuoka Prefecture Website

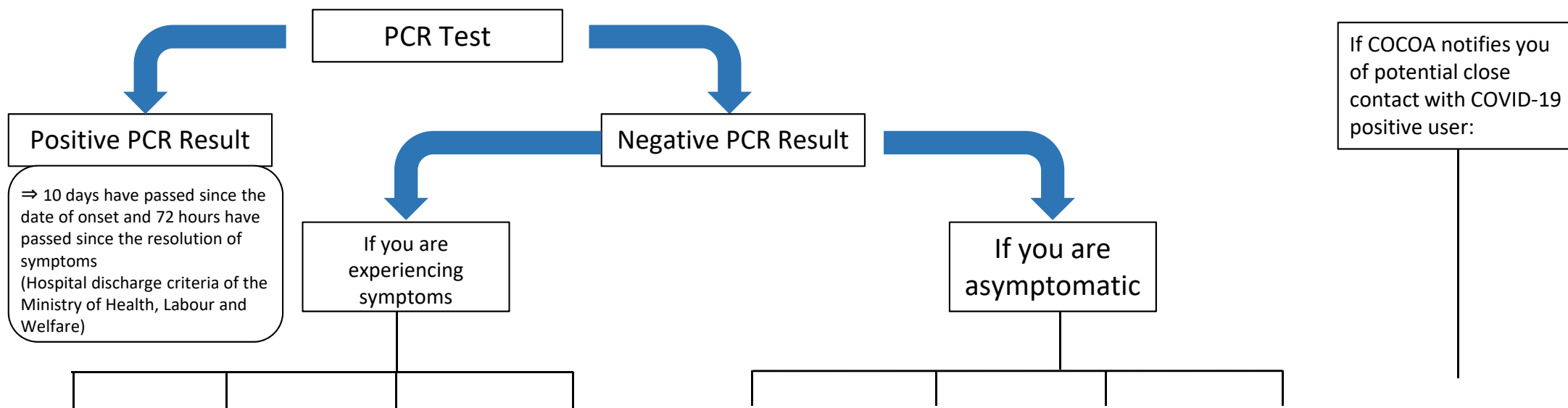
<https://www.pref.fukuoka.lg.jp/site/english/en-coronavirus.html>

Fukuoka City Website

<https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/infonjs.html>

\*The elderly and people with diabetes, heart disease, respiratory diseases (e.g., chronic obstructive pulmonary disease) as well as those undergoing dialysis or using immunosuppressants, anticancer or other drugs

# Home Self-Isolation Period



PCR test at the direction of the health center (Close Contact)	PCR test at the direction of a medical institution	PCR test at your own request (private expense)	PCR test at the direction of the university
Follow the instructions of the health center (for about 2 weeks)	Wait until 6 days have passed since the date of onset and 48 hours have passed since the resolution of symptoms. However, this period is subject to change if otherwise instructed by a medical doctor.		
Standards of the Ministry of Health, Labor and Welfare	Standards set by Kyushu University		

PCR test at the direction of the health center Close contact	PCR test at your own request (private expense)	PCR test at the direction of the university	PCR test because of suspected contact with someone registered as positive in the COCOA app
Follow the instructions of the health center (for about 2 weeks)	No need to self-isolate	Individuals are allowed to venture outside, including to lectures and work, for two weeks as long as consideration is given to infection prevention, though these outings should be kept to a minimum. In addition, individuals should continue to monitor their health during this period.	No need to self-isolate (If your health deteriorates within 2 weeks of testing, report your condition to your department immediately)
Standards of the Ministry of Health, Labor and Welfare	Standards set by Kyushu University		Standards of the Ministry of Health, Labor and Welfare

If the health center instructs you that a PCR test is not necessary
No need to self-isolate
Standards of the Ministry of Health, Labor and Welfare