

\*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)

\*Administration Bureau should contact the person in charge at each section (office).

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...

This document will be valid until May 7, 2023.  
An update will be made after May 8.

## Attachment A

**If you have cold symptoms such as fever:**

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

**Consult your trusted doctor or another medical institution in your area via telephone**

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

**Visit the medical institution**

- ◆ Please be sure to make a reservation by phone before making a visit for your medical examination.
- ◆ Whenever possible, please avoid using public transportation when visiting your medical facility.
- ◆ Please show up on time and wear a mask for your medical examination.

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
Fukuoka City Hotline for Non-Japanese Speakers regarding COVID-19	092-687-5357 (24-hour service in 20 languages)
Fukuoka International Medical Support Center	092-286-9595 (24 hours, 365 days, 21 languages)

Fukuoka Prefecture Website

<https://www.pref.fukuoka.lg.jp/site/english/en-living-infection-c4-1.html>

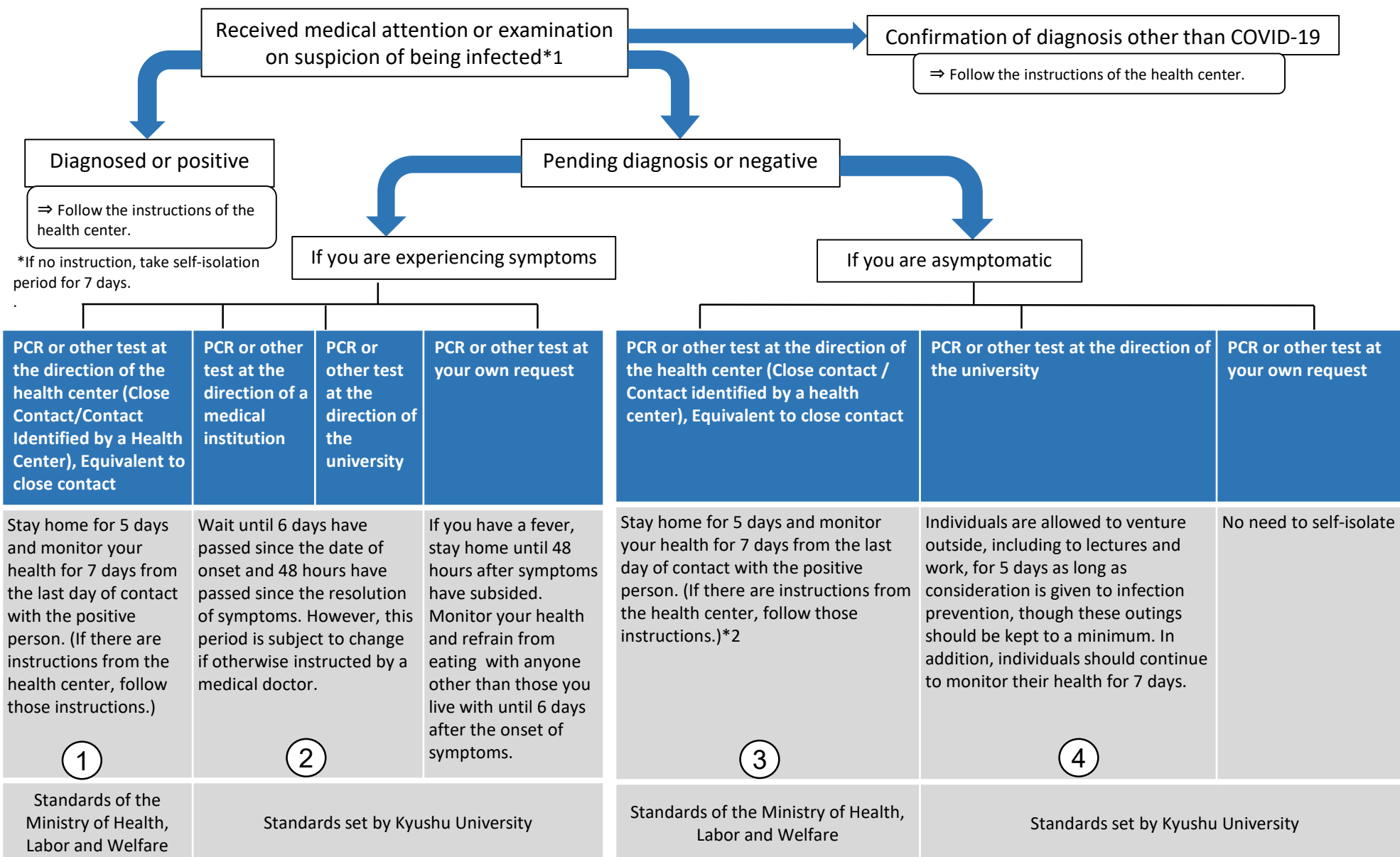
Fukuoka City Website

[https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/covid19\\_fo.html#A](https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/covid19_fo.html#A)



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# Self-Isolation Period



\*1 In accordance with the national guidelines, if a doctor determines a positive result without a PCR test, it is also handled according to the "positive case".

\*2 If all of the following conditions are met, you can shorten the self-isolation period and return to normal activity on day 3. (1) asymptomatic, (2) tested on days 2 and 3 by antigen qualitative testing, and (3) confirmed negative. For hospital staff and those engaged in medical treatment, priority will be given to the hospital's action guidelines.

\*3 Those who have not been investigated by the public health center and are judged by Kyushu University to "possibly fall under the category of a close contact person" using the checklist will be treated as "equivalent to a close contact person".

\*4 If there is concern about infection, PCR tests should be taken as much as possible, but if it is not possible due to lack of test kits, the following measures should be taken: ① or ③ for close contacts, ② or ④ for other contacts.

\*5 For those who may have been in close contact with a person suspected of being infected but not yet diagnosed, if there are no symptoms, take action in (4), and consider continuing the response based on the status of the person who is ill.

\*6 If a family member or roommate tests positive and you are a close contact, the stay-at-home period is 5 days from the date of onset of symptoms of the person who tested positive (to be lifted on the 6th day) or 5 days from the date infection control measures were taken for the person who tested positive, whichever is later. In case more than one roommate is positive, the period shall be 5 days from the onset of the last positive test. However, if the positive person is asymptomatic, the period shall be 5 days from the date of specimen collection.

## I . Identify the period of time when a positive person can infect others

### Infectious period (from when?)

☐ If the positive person is symptomatic:

2 days prior to onset of symptoms

... 20 / /

☐ If the positive person is asymptomatic:

2 days prior to the day the specimen was collected

... 20 / /

### Infectious period (until when?)

☐ The last day the positive person attended preschool or school, etc.

... 20 / /

Did you meet during the above infectious period.

No

Low chance of infection

Yes

No

## II . Make sure that you have had the following contacts during the period of possible infection

☐ Conversation for more than 15 minutes without masks or without the positive person wearing a mask and within touching distance (about 1 meter) of each other.

☐ At day-care centers and kindergartens, please refer to the "Checklist for Identifying Persons (Children and Staff) Who May Be in Close Contact" [Reference 1] for confirmation.

Example: Eating a meal or snack together while talking without wearing a mask properly, etc.

Yes

You may be a close contact.

Instruct the close contact to be under health observation for 10 days from the date of the last meeting with the positive person.

<Basic response> → Please **stay at home for 5 days** (refrain from going out unnecessarily) and **observe your health for 7 days**.

✓ Take your temperature twice a day to check your health status.

✓ Refrain from going out unnecessarily, including for work.

✓ Avoid contact with other people.

[The waiting period at home has been shortened to 5 days from July 22, 2022.](#)

◆ After 5 days of waiting at home, the waiting will be lifted on 6<sup>th</sup> day.

◆ However, please check your health condition by taking your temperature for 7 days.

(5 days from the date of last contact with the positive person)

End date of staying at home

... YYYY/ MM/DD

(7 days from the date of last contact with the positive person)

End date of health observation

... YYYY/MM/DD

For those who may be a close contact

- If you have symptoms, please consult with your family doctor or a medical institution for medical treatment and testing.

When visiting a doctor, please inform him/her in advance that **you have had contact with a positive person**.

Please check with the medical institution you will be visiting for the cost of your visit.

\*If you do not have a family doctor, please consult the following

**Fukuoka International Medical Support Center (Phone number:092-286-9595)**

Open all year round (open 24 hours a day, 365 days a year)

Supported languages : English, Chinese, Korean, Thai, Vietnamese, Indonesian, Malay, Tagalog, Nepalese, Spanish, Portuguese, German, French, Italian, Russian, Khmer, Burmese

- Those with no symptoms

In principle, the close contact should **stay at home (refrain from going out unnecessarily)** for **5 days** from the day of the last meeting with the positive person.

Health observation (7 days) is required.

If you have any questions about the above measures, please contact the health center with jurisdiction.