COVID-19: STEPS TO TAKE ACCORDING TO YOUR OWN CONDITION

SELF-QUARANTINE_LVL.3
- HAVE DEVELOPED FEVER, ETC.
  - CALL THE TOKYO FEVER CONSULTATION CENTER, ETC.
  - BE SURE TO REPORT TO (1) YOUR AFFILIATED FACULTY/DEPARTMENT AND (2) THE ACCOMMODATION OFFICE ABOUT YOUR INSTRUCTIONS RECEIVED.
  - IF TOLD THAT YOU DO NOT NEED TO SEE A DOCTOR, DO NOT HAVE TO RECEIVE THE PCR TEST FOR COVID-19 OR IF TESTED “NEGATIVE”, ASK WHETHER YOU CAN GO SEE A NEARBY DOCTOR AND IF TOLD “YES,” GO CONSULT YOUR NEARBY MEDICAL INSTITUTION.
  - BE SURE TO REPORT YOUR DIAGNOSIS TO (1) YOUR AFFILIATED FACULTY/DEPARTMENT AND (2) THE ACCOMMODATION OFFICE.
  - KEEP INSIDE YOUR ROOM FOLLOWING THE SELF-QUARANTINE_LVL.3 INSTRUCTIONS UNTIL THE DAY OF THE OUTCOME OF THE TEST RESULT.
  - IF TESTED “NEGATIVE” FOR COVID-19, WILL BE HOSPITALIZED AT THE DESIGNATED MEDICAL INSTITUTION OR WILL BE INSTRUCTED TO MOVE TO A PLACE PREPARED BY THE MUNICIPAL GOVERNMENT, ETC. UP TILL THE DAY OF RECOVERY.

SELF-QUARANTINE_LVL.2
- HAVE DOUBTS TO HAVE BEEN IN CLOSE CONTACT WITH A COVID-19 PERSON BUT HAVE NO SYMPTOM RELATED TO COVID-19
  - CALL THE FOLLOWING NUMBER FOR ANY DOUBTS OF BEING A COVID-19 CLOSE CONTACT OR IF NOTIFIED BY THE COCOA APP:
  - CLOSE CONTACT DOUTS: COVID-19 CALLCTR. COCOA NOTIFICATION
  - CALL THE NUMBER INFORMED BY COCOA AS TO REPORT WHAT YOU HAVE BEEN TOLD FROM THE CALL CENTER TO YOUR AFFILIATED FACULTY/DEPARTMENT AND THE ACCOMMODATION OFFICE.
  - IF TOLD THAT YOU ARE HIGHLY LIKELY TO BE A COVID-19 CLOSE CONTACT AND SO WERE ADVISED TO CONSIST OF THE DESIGNATED MEDICAL INSTITUTION, ETC.
  - REPORT THAT YOU ARE TO GO SEE A DOCTOR TO (1) YOUR AFFILIATED FACULTY/DEPARTMENT AND (2) THE ACCOMMODATION OFFICE.
  - IF TOLD THAT YOU DO NOT HAVE TO GO SEE A DOCTOR, DO NOT HAVE TO RECEIVE THE PCR TEST FOR COVID-19 OR IF TESTED “NEGATIVE”, ASK WHETHER YOU CAN GO SEE A NEARBY DOCTOR AND IF TOLD “YES,” GO CONSULT YOUR NEARBY MEDICAL INSTITUTION.
  - BE SURE TO REPORT YOUR DIAGNOSIS TO (1) YOUR AFFILIATED FACULTY/DEPARTMENT AND (2) THE ACCOMMODATION OFFICE.
  - BE SURE TO KEEP INSIDE YOUR ROOM FOLLOWING THE SELF-QUARANTINE_LVL.2 INSTRUCTIONS AND CALL THE TOKYO FEVER CONSULTATION CENTER, ETC. RIGHT AWAY IF YOUR CURRENT SYMPTOM SHOWS NO SIGN OF IMPROVING OR IF YOU ARE TO DEVELOP SOME OTHER ADDITIONAL SYMPTOMS.

SELF-QUARANTINE_LVL.1
- HAVE NO CLOSE CONTACT WITH A COVID-19 PATIENT AND HAVE NO SHORTNESS OF BREATH, STRONG FEELING OF WEARINESS, HIGH FEVER OR OTHER SIMILAR SYMPTOMS.
  - CALL THE FOLLOWING NUMBER FOR ANY DOUBTS OF BEING A COVID-19 CLOSE CONTACT OR IF NOTIFIED BY THE COCOA APP:
  - CLOSE CONTACT DOUTS: COVID-19 CALLCTR. COCOA NOTIFICATION
  - CALL THE NUMBER INFORMED BY COCOA AS TO REPORT WHAT YOU HAVE BEEN TOLD FROM THE CALL CENTER TO YOUR AFFILIATED FACULTY/DEPARTMENT AND THE ACCOMMODATION OFFICE.
  - IF TOLD THAT YOU ARE HIGHLY LIKELY TO BE A COVID-19 CLOSE CONTACT AND SO WERE ADVISED TO CONSIST OF THE DESIGNATED MEDICAL INSTITUTION, ETC.
  - REPORT THAT YOU ARE TO GO SEE A DOCTOR TO (1) YOUR AFFILIATED FACULTY/DEPARTMENT AND (2) THE ACCOMMODATION OFFICE.
  - IF TOLD THAT YOU ARE NOT A COVID-19 CLOSE CONTACT.

COVID-19 CALL CENTER (TOKYO)
(TEL) 0570-589057 (CALL HOURS) 9:00-22:00 (INCLUDING WEEKENDS AND HOLIDAYS)
CONSULTATIONS ON COVID-19 INCLUDING PRECAUTIONARY MEASURES, WHAT TO DO WHEN YOU HAVE WORRIED SYMPTOMS, ETC.

TOYKO FEVER CONSULTATION CENTER
(TEL) 03-5238-9500
CONSULTATIONS FOR PEOPLE SHOWING FEVER, SYMPTOMS (RESEARCHERS ONLY)
CHIBA CORONAVIRUS HOTLINE FOR FOREIGN RESIDENTS
(TEL) 092-285-9999
CONSULTATIONS FOR PEOPLE SHOWING FEVER AND SYMPTOMS AND FOR WORRIES OVER COVID-19 INFECTION

KASHIWA CITY CONSULTATION CENTER
(TEL) 04-7165-6777 (CALL HOURS) WEEKENDS 9:00-17:00
CONSULTATIONS FOR PEOPLE SHOWING FEVER, ETC.

NEED TO FOLLOW THE LEVEL 1 SELF-QUARANTINE INSTRUCTIONS AND KEEP RECORD OF YOUR CONDITION USING THE SELF-HEALTH CHECK SHEET FOR A PERIOD OF 14 DAYS RIGHT AFTER MOVING IN.
NEED TO REPORT TO THE ACCOMMODATION OFFICE EITHER BY PHONE OR EMAIL IF YOU ARE TO DEVELOP FEVER OR ANY OTHER SYMPTOMS RELATED TO COVID-19 AFTER FOLLOWING THE REQUIRED STEOS STEPS RECOMMENDED FOR THOSE HAVING FEVER AND OTHER RESPIRATORY SYMPTOMS.

COVID-19 INFECTION
PEOPLE HAVING DIABETES, SERIOUS HEART CONDITIONS, CHRONIC LUNG DISEASES OR ASTHMA
PEOPLE WITH CHRONIC KIDNEY DISEASE UNDERTAKING DIALYSIS
PEOPLE WHO ARE IMMUNOCOMPROMISED OR RECEIVING CANCER TREATMENT

COVID-19: STEPS TO TAKE ACCORDING TO YOUR OWN CONDITION
MAY BE ASKED TO MOVE TO ANOTHER ROOM FOR PRECAUTIONARY REASONS.

PEOPLE WITH UNDERLYING HEALTH CONDITIONS ARE:
- PEOPLE HAVING DIABETES, SERIOUS HEART CONDITIONS, CHRONIC LUNG DISEASES OR ASTHMA
- PEOPLE WITH CHRONIC KIDNEY DISEASE UNDERTAKING DIALYSIS
- PEOPLE WHO ARE IMMUNOCOMPROMISED OR RECEIVING CANCER TREATMENT