

# Measures to Prevent COVID-19 Infections -Protecting Yourself and Everyone on Campus-

The Omicron variant of COVID-19, a highly infectious strain of the disease with a short incubation period, is still spreading throughout Japan. The following points are necessary to preserving students' campus experience.

- Individual recognition of, and compliance with, infection prevention guidelines
- Appropriate precautions to avoid spreading the virus further if you or someone close to you tests positive for COVID-19

## Rule 1: Do not come to campus if you have a fever or are feeling unwell

If you feel even slightly unwell or are exhibiting COVID-19 symptoms (cough, sore throat, shortness of breath/difficulty breathing, fatigue, headache, muscle pain, runny or stuffy nose, loss of taste or smell, nausea, diarrhea, etc.), refrain from going out and monitor your health condition carefully.

\* Please visit the Keio University Health Center website, submit a [COVID-19 self-quarantine report](#), and follow the provided instructions. Before coming to campus again, you must undergo an interview for permission to return to campus with the Keio University Health Center.



## Rule 2: Avoid “close contact” interactions

### 1. Wear non-woven masks correctly to avoid becoming a close contact



Leave no gaps!  
Cover your  
mouth and nose

Wearing a non-woven mask that suppresses droplet transmission and covers the mouth and nose without gaps is fundamental to preventing close contact interactions.



Don't leave your  
nose sticking out



Don't wear your  
mask on your chin

Wearing a mask incorrectly is the same as not wearing a mask.

### 2. Examples of “close contact” interactions



- Talking while dining, even if there is a partition in place.
- Eating and drinking together at a table with no partitions, even if you are not having a conversation.

The risk of infection is extremely high when eating or drinking unmasked.

→ Please eat **in silence** at tables with partitions.



Conversations where at least one person within one meter talks while not wearing a mask is considered a close contact interaction.



Even when everyone wears masks, if people are in close proximity and talking loudly, it is considered a close contact interaction.



Activities that involve long periods of time spent in small rooms; karaoke, board games, mahjong, etc. are considered close contact interactions.

## Rule 3: Keep records of possible “close contact” interactions

If you believe that you have been in close contact with someone, such as talking with someone without wearing a mask, approaching within one meter of them, interacting while wearing a mask but over a prolonged period of time in a confined space/close proximity, **make a record so that you can contact those involved immediately should you test positive for COVID-19.**

## When you test positive for COVID-19

Confirm the day that you became symptomatic (if you are asymptomatic, this is the date you were tested for COVID-19)

Are you a member of a student organization or the Keio University Athletic Association?

**YES**

**Report to the representative or leader of your organization that you have COVID-19 and inform them of the date you tested positive**

**NO**

Do you live with other people?

**YES**

**The people you live with are “close contacts” and must self-quarantine for seven days after infection control measures have been put in place**

**NO**

Have you seen anyone other than those you live with in the two days prior to testing positive for COVID-19?

**YES**

**Among the people you have interacted with, is there anyone who can be considered a “close contact”?**

Someone with whom you ate or drank together, were within 1 meter of while not wearing a mask, spent an extended period together in close quarters (karaoke, driving, etc.), spent a long time together in person (playing board games, mahjong, etc.)

**NO**

- There is no one that you need to notify
- Please visit the **Keio University Health Center website** and fill out the **“report for infectious diseases”**
- If you are contacted by a local health center or the Keio University Health Center, please cooperate with them fully

**YES**

**• Convey the following information to those considered to be close contacts as soon as possible**

- ✓ That you have tested positive for COVID-19
- ✓ The date that you became symptomatic (or the date you got tested for COVID-19)
- ✓ The last time you interacted with those considered close contacts will be “day zero” for them. They will need to isolate for 7 days† (quarantine lifted on the 8th day)

**• Visit the Keio University Health Center website and submit a “report for infectious diseases”**

- If contacted by a local health center or the Keio University Health Center, please cooperate with them fully

- ◆ If treated at a health care center → after treatment is finished
- ◆ If treated at home:
  - Symptomatic cases → 10 days or more have passed since onset of symptoms AND 72 hours or more since your symptoms have subsided
  - Asymptomatic cases → 7 days or more have passed since infection occurred

**Contact the Keio University Health Center to undergo an interview for permission to return to campus. (You are NOT allowed to come to campus until you obtain permission.)**

† The required period that close contacts must self-quarantine may change to align with government regulations.

**When a person close to you tests positive for COVID-19 or you are contacted by someone who tested positive**

Find out the date that the person became symptomatic for COVID-19 (the date they underwent the test that returned positive)

Does the person who tested positive live with you?

**YES**

**NO**

**You are considered a "close contact"**

**YES**

**Do either of the following two things apply to you?**

- I met with the person who tested positive less than two days before they developed symptoms.
- I met with this person in a situation that puts me at risk of infection

Someone with whom you ate or drank together, were within 1 meter of while not wearing a mask, spent an extended period together in close quarters (karaoke, driving, etc.), spent a long time together in person (playing board games, mahjong, etc.)

**NO**

**Do you have the any of the following symptoms?**

Are you experiencing any symptoms such as a fever, cough, sore throat, headache, fatigue, difficulty breathing, loss of smell or taste, or other symptoms indicative of a COVID-19 infection?

**NO**

**YES**

**Do you have the any of the following symptoms?**

Are you experiencing any symptoms such as a fever, cough, sore throat, headache, fatigue, difficulty breathing, loss of smell or taste, or other symptoms indicative of a COVID-19 infection?

**YES**

**NO**

**Please self-quarantine**

(self-quarantine lasts 7 days (lifted on day 8)<sup>†</sup> with the last day you came in contact with someone who tested positive counting as day zero.)

If you are not experiencing any symptoms, you do not need to submit a report with the Keio University Health Center or undergo an interview to return to campus (only for undergraduate/graduate students<sup>‡</sup>.)

**Please self-quarantine**

- Visit the Keio University Health Center website and submit a "report for infectious diseases."
- Consult with your primary care provider or a medical institution that is prepared to care for close contacts (be sure to contact and consult them in advance)
- If your COVID-19 test comes back negative, wait at least 7 days<sup>†</sup> since close contact occurred and 48 hours since you displayed symptoms, **then contact the Keio University Health Center to undergo an interview for permission to return to campus.** (You are not allowed to come to campus until you obtain permission)

**You are not considered a close contact**

No action required at present. Please continue to follow infection control guidelines.

<sup>†</sup> The required period that close contacts must self-quarantine may change to align with government regulations. If you cohabit with a person who has tested positive, "day zero" is the **later** of the dates between when the other person tested positive and when infection prevention measures were introduced to the household.

<sup>‡</sup> Faculty and staff must undergo a work authorization interview with the Keio University Health Center when resuming work. Keio University Infection Response Center for COVID-19

# When someone in your student club tests positive for COVID-19

**To be implemented when club activities resume**  
 Determine the risk of infection according to the club's activities

- High risk:** There is a possibility that members interacted within 1 meter while not wearing a mask during club activities
- At risk:** There were no unmasked interactions within 1 meter, but there is possibility that members may be considered close contacts
- Low risk:** Members always wear masks, etc., and there are **no** activities that would make render members to be close contacts

**When a student belonging to the same club has tested positive for COVID-19**

→ Instruct the student who tested positive to contact **any other students they met in the two days prior to testing positive who may be considered a close contact**

**Did the student who tested positive participate in any “club activities (including overnight camps)” or “events with multiple club members (including eating or drinking before or after club activities)”?**

**YES**

**NO**

**Suspend in-person club activities**

- All students belonging to the organization should be informed as soon as possible that, due to a positive COVID-19 result identified in the organization, **face-to-face activities will be temporarily suspended**, they should **refrain from going out as much as possible until suspected close contacts are ascertained**, and they should **get in contact if they are feeling unwell**.
- Report that club activities will be suspended due to a COVID-19 infection to the faculty member who serves as the director of the organization, the Student Affairs Office (Office of the Keio University Athletic Association), and the Keio University Health Center.

**In-person club activities may continue**

- Report to the faculty member who serves as the director of the organization, the Student Affairs Office (Office of the Keio University Athletic Association), and the Keio University Health Center that club activities will continue following a COVID-19 infection as there are no suspected close contacts related to club activities. **Wait for approval.**
- Students who have been individually notified by someone who tested positive that they are a close contact should self-quarantine.

Decide when to resume in-person activities according to the club activities' infection risk, and **get approval** from the faculty supervisor of the organization, the Student Affairs Office (Office of the Keio University Athletic Association), and the Keio University Health Center.

**High risk**

**At risk**

**Low risk**

- ◆ **Suspend activities for 7 days †**
- ◆ **Ask all students who cannot be ruled out as a close contacts to self-quarantine for 7 days†**
- In-person activities for those who are definitely not close contacts (different activity location/time) and engaged in **no** activities (including eating and drinking before and after meetups, changing clothes, resting, etc.) with the student who tested positive **may resume after checking for symptoms.**

- ◆ **Question students who may be close contacts**
- ◆ **Ask students who may be considered close contacts to self-quarantine for 7 days†**
- ◆ **After finishing this process, in-person activities may resume for students who are not in self-quarantine‡**
- Question students who may be in close contact with individuals who tested positive for COVID-19 and ask about all activities related to the club including eating, drinking, changing clothes, and resting before and after activities.

- ◆ **In-person activities may resume‡ after confirming the situation surrounding the club's activities in the two days prior to the positive test result.**
- Confirm that there were no club meetings carrying the risk of close contact, such as eating or drinking, involving the student who tested positive and multiple other members.
- Confirm that there was no risk of close contact and that infection control measures were followed thoroughly during activities including while changing clothes and resting.

† The required period that close contacts must self-quarantine may change to align with government regulations.

‡ If the conditions for resuming in-person activities cannot be met, please suspend such activities for 7 days.