

April 5, 2022

To all Keio students:

Keio University Health Center
Student Affairs Center

Measures to prevent the spread of COVID-19 (coronavirus disease) when feeling unwell

We have summarized below the measures that are to be taken when feeling unwell from the perspective of preventing the spread of COVID-19 and request that these are closely followed. Students at Shinanomachi Campus should follow the separate instructions issued by the faculty. For details, please refer to the information issued by the Keio University Health Center.

(<http://www.hcc.keio.ac.jp/en/index.html>)

■ Measures to be adopted in daily life (off campus)

○ In cases of a fever of 37.5°C or higher, cold-like symptoms including coughs, or smell and taste disorders

- Even if you have classes, please do not come to the campus and stay at home.
- Please report your symptoms using the below report form:
- Please stay at home, take your temperature and monitor your health every day, and keep a record using a health management chart.

<https://form-m.keio.ac.jp/hcc/report-coronavirus-en.html>

http://www.hcc.keio.ac.jp/en/infection/assets/files/hm_chart.pdf

- Please consult with a nearby medical institution if your symptoms persist or worsen over time.

report form



chart



○ If there is a possibility that you have come into close contact with someone who has tested positive for the virus (a person you live with testing positive, close or sustained contact with someone who has tested positive, etc.)

- Please do not come to campus even if you have classes. Stay home and self-quarantine for the prescribed period of time.
- Please monitor your temperature and symptoms for the prescribed period of self-quarantine. Make sure to then write them down on your health management chart.

http://www.hcc.keio.ac.jp/en/infection/assets/files/hm_chart.pdf

- If you experience symptoms during the prescribed period of self-quarantine, please undergo a checkup at a medical institution, and report your symptoms as well as the results of your checkup via the following form:

<https://form-m.keio.ac.jp/hcc/report-coronavirus-en.html>

report form



chart



○If you were notified by the COVID-19 Contact-Confirming Application (COCOA) of the possibility of being in contact with someone who has tested positive for the virus

- Follow the instructions indicated on the app’s screen.

[If it is deemed necessary to undergo a PCR test or self-isolate at home]

- Please do not come to campus even if you have classes. Stay home and self-quarantine for the prescribed period of time.
- Please monitor your temperature and symptoms for the prescribed period of self-quarantine. Make sure to then write them down on your health management chart.

http://www.hcc.keio.ac.jp/en/infection/assets/files/hm_chart.pdf

- If you experience symptoms during the prescribed period of self-quarantine, please undergo a checkup at a medical institution, and report your symptoms as well as the results of your checkup via the following form:

<https://form-m.keio.ac.jp/hcc/report-coronavirus-en.html>

report form



chart



○ If diagnosed with COVID-19

- Please do not come to the campus even if you have classes. Please follow the instructions of your doctor or public health center.

- Please report your diagnosis immediately using the below report form:

<http://www.hcc.keio.ac.jp/en/infection/report.html>

report form



■ Measures while on campus

○ In cases of a fever, cold-like symptoms including coughs, or smell and taste disorders

- Please return home immediately. If in the middle of a class, please inform the lecturer in charge before leaving.

- After returning home, please report your symptoms using the below report form:

<https://form-m.keio.ac.jp/hcc/report-coronavirus-en.html>

- Please consult with a nearby medical institution.

- Please stay at home, take your temperature and monitor your health every day, and keep a record using a health management chart.

http://www.hcc.keio.ac.jp/en/infection/assets/files/hm_chart.pdf

report form



chart



○ **When feeling unwell in situations other than the above**

- Please do not over-exert yourself and endeavor to get some rest.
- If you wish to undergo a medical examination at a Keio University Health Center other than in cases requiring immediate medical treatment, first call the Health Center and follow the instructions provided.. Please see the below for the contact details and consultation days of the Health Centers on each campus.
- If you discover someone unwell who is unable to act on their own initiative, please contact the Keio University Health Center by phone.

<Telephone numbers> Mita 03-5427-1607, Hiyoshi 045-566-1056, SFC 0466-49-3411, Yagami 045-566-1456, Shiba-Kyoritsu 03-5400-2626

<Consultation days> <http://www.hcc.keio.ac.jp/en/clinic/hiyoshi-schedule.html>

More detailed information is provided on the Keio University Health Center homepage (<http://www.hcc.keio.ac.jp/en/infection/coronavirus.html>). Please confirm and use this information to help prevent the spread of infections.