

Checklist for Going Out

Access to the campus is generally prohibited at present, but some restrictions will be relaxed. Before leaving home, be sure to check your physical condition using this checklist.
(You do not need to submit the checklist.)

Always check the below before leaving home

- ☐ Your temperature today is normal (about or below 37°C)
- ☐ You have no cold or other symptoms
- ☐ You are wearing a mask
- ☐ None of the items on the list below are checked

If any of these items applies to you, do not go to campus and refrain from going out.

Time	Check	Required response	Rules for going to campus
Today	<input type="checkbox"/> You have fever or other cold symptoms	⇒ Do not go to campus and refrain from going out ⇒ Depending on circumstances, (1) Consult your regular doctor (2) Have an online medical consultation (e.g. if you do not have a regular doctor) ⇒ Report to the Health Center ^{*1}	Only go when your fever or other cold symptoms are gone and 1) 8 or more days have passed since the symptoms first started and 2) 3 or more days have passed without you having a fever or symptoms, without taking medication
Up to 2 weeks	<input type="checkbox"/> You are reported to be a close contact of someone with COVID-19	⇒ Report to the Health Center ^{*1}	2 weeks have passed since your last contact with the infected person (Follow public health center instructions)
	<input type="checkbox"/> You are entering Japan from foreign countries	⇒ Follow instructions from the Quarantine station ⇒ Report to the Health Center ^{*1}	2 weeks have passed from the day after arrival
Any time	<input type="checkbox"/> You are suspected of having COVID-19 (1) Severe symptoms such as shortness of breath, extreme fatigue, or a high fever (2) Relatively mild cold symptoms such as a fever or cough lasting 4 days or more (3) You are subjected to the PCR test.	⇒ (1)(2)Call the Returnee and Contact Center (Coronavirus Consultation Center in each prefecture) ⇒ (3)Follow the instructions from the medical institution ⇒ Report to the Health Center ^{*1}	After a consultation, follow the instructions from the medical institution
Any time	<input type="checkbox"/> If you are diagnosed with COVID-19	⇒ Report to the university Ariake Campus Security Office 03-5530-7724 Musashino Campus Gatehouse 042-468-3234	Follow instructions from your primary physician
Any time	* You have a pre-existing condition that puts you at high risk of complications		Consult and follow instructions from your primary physician

^{*1} Contact the Health Center kenko@musashino-u.ac.jp from your university-issued Gmail account
Inquiries: Musashino University Health Center (both campuses) kenko@musashino-u.ac.jp