

What to do if you have been told to self-isolate

*In cases where the Health Center informs you that you are a close contact, or the university tells you to self-isolate.

Please contact the Student Affairs Section of your affiliated faculty/graduate school (students) or the General Affairs Section (staff) if you have been informed that you are a close contact by the Health Center or the university tells you to self-isolate due to novel coronavirus-related reasons.

In addition, please adhere to the following points:

- For 10 days after your last contact with the infected person(s): take and record your temperature every day (more than twice a day, including in the morning and evening), and practice thorough infection prevention (hand washing, coughing etiquette, wearing masks properly). Monitor your health using the [Health Checksheet](#) etc.
- At the beginning of your isolation period, make sure you have enough food and water etc. in stock for the entire period. To protect yourself and the lives of others, please refrain from going outside during self-isolation (except in unavoidable situations).
- If you feel unwell (cough/fever etc.), follow the instructions from the Health Center.
- If you weren't notified by the Health Center but you suspect you were in close contact with someone who has novel coronavirus and start to feel unwell, inform your local consultation center (health center) about this and follow their instructions.
- If you are unwell, please let the Student Affairs Section of your faculty/graduate school (students)/General Affairs Section (staff) know the results of your doctor's examination and PCR test results etc. as soon as you receive them.
(However, you still have to complete the self-isolation period even if your PCR test result is negative)
- Please make sure you reply to any emails from your department etc. about your state of health during the isolation period.
- When your isolation period ends, please inform your Student Affairs Section (students) or General Affairs Section (staff) about your state of health, even if there are no problems.

References:

Kobe City Novel Coronavirus Health Advice Hotline: 078-322-6250 (24 hour)

Covid-19 Testing Call Center for Foreign Nationals (9am-5pm): 078-322-6134 (in 21 languages)

More info about Kobe City coronavirus hotlines and available languages:

<https://www.city.kobe.lg.jp/a97852/kenko/health/infection/protection/english/corona.html>

List of Ministry of Health Labor and Welfare Coronavirus hotlines in different languages:

<https://www.mhlw.go.jp/stf/covid-19/hotline.html>