

Frequently asked questions about COVID-19

As COVID-19 continues to spread, the highly contagious Omicron variant can cause infection even after three doses of vaccine.

Bear in mind that vaccines are not 100% effective, we should keep practicing basic prevention measures including: **wearing a mask at all times; avoiding eating with people you do not live with**; keeping fresh air circulating; and **washing/sanitizing your hands often**.

Here, we have compiled some frequently asked questions and answers about COVID-19. We hope this information helps.

Q. What should I do when I have a fever?

A. If you have any symptoms (not just fever), please do not go to work or school, and follow the instructions of the department you belong to. In addition to **fever, sore throat, cough, runny nose, muscle pain and headache** are often symptoms of COVID-19. If you develop symptoms of a cold, please do not go to work or school. Besides contacting your department at TMDU, you could also seek advice from public organizations as follows:

(Tokyo Metropolitan Government)

https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona_portal/soudan/index.html

If you would like to see a healthcare provider, please contact the relevant medical institution in advance.

(List of medical facilities in Tokyo)

https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona_portal/soudan/hatsunetsugairai.html

Such information is also available at each municipality. Please check information related to COVID-19 provided by your local municipality in advance.

Q. What should I do if someone in my household contracts COVID-19?

A. A person with COVID-19 will be hospitalized or asked to stay at home/ in a hotel room while recovering in accordance with the instructions from the public health center. Household members are identified as close contacts and would have to stay home for a specified period of time. Because the household transmission of COVID-19 is high, it is important to reduce household spread of the infection if a person with COVID-19 is recovering at home. Please refer to the Self-Isolation Handbook published by the Tokyo Metropolitan Government.

https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona_portal/shien/zitakuryouyouhandbook.html

Q. What should I do if a person whom I met few days ago contracts COVID-19?

A. A person with COVID-19 is generally considered infectious two days before symptoms started. If you met this person more than three days ago, you do not need to quarantine. Please continue to follow basic precautions. If you have met this person within two days, assessment may be undertaken to determine whether you are a close contact. Please follow the instructions from the health public center or contact your department.

Q. Under what circumstances is COVID-19 spreading these days?

A. It seems that in most cases COVID-19 is spread when people convene to eat and drink. Even at your home or in a private room, dining with those who are not members of the same household in indoor spaces will increase the risk of transmission. Please refrain from eating with others when the infection is spreading rapidly. When you eat meals during your break, please quietly dine alone and replace your mask if you are going to have a conversation. In fact, some people were infected with COVID-19 even though they were wearing masks where they spent long hours in close proximity and had many conversations. Please utilize online meeting and promote telecommuting to reduce the risk of infection by limiting contact with people.

You can find more information on the website of the Ministry of Health, Labour and Welfare:

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryoudenguefever_qa_00001.html