

Health Check (Measure and record temperature everyday)

Stay indoors unless it is necessary and/or urgent

**If you have a fever, symptoms of a cold, weariness, or difficulty in breathing**

If you have symptoms of a cold and/or temperature higher than 37.5 degrees for more than four days, or if you experience strong weariness and/or difficulty in breathing,

**First, call the school clinic**

**Ohgigaoka Clinic 076-246-1393 (Hakusanroku clinic 4200)**

\*Weekdays 8:30-17:00 (closed on weekends and holidays)

Contact school after hours: **076-248-1080**

Stay home (This will count as attendance as an exception)  
The school office will contact your teachers for you

Call Returnee / Contactee Consultation Center if instructed

[Kanazawa] Kanazawa Health Center **076-234-5106**

[Hakusan / Nonoichi] Ishikawa Health Center **076-275-2250**

\*Open 24/7. Check Ichikawa website if you live in other areas.

Do not come to school/class (this will not count as an absence). However, please contact the school office.

Monitor your condition at your home/room or consult a doctor.

When you recover, you may return to your regular routine if you have no symptoms for about one week.

\*Follow instructions of consultation center and/or other medical facilities.

Suspicion of infection: **Yes**

Go to instructed medical facility

**Test positive**

**Test negative  
or not need test**

Suspicion of Infection: **No**

Consult regular medical facility or doctor

Follow doctor's instructions

**If you strongly suspect that you are infected**

- Do not come to school/class for two weeks. (This will count as attendance as an exception)
- If someone at ICT is infected and there is a possibility of contact, the school office will contact all students. (Stay home/in room for two weeks and monitor your condition. This will count as attendance as an exception.)
- If you call a consultation center, please inform the school clinic of the details, results, and your actions on campus (who you made contact with).

**Ohgigaoka Clinic 076-246-1393 / Hakusanroku clinic 4200 → We may call you back to ask details.**

**No Symptoms**

Keep social distance in mind (ventilate rooms, avoid crowds and talking at close distances), and monitor your health.

<Three places that need caution>

Be conscious of social distance in the following places and avoid contact:

- School Cafeteria (Ohgigaoka Campus)
- Classrooms / laboratories
- Other small or crowded places

Avoid leaving your house unnecessarily

- Carry this sheet or paste it somewhere you can always see it.
- Stay updated on the newest information.
- Coronavirus infects all ages. **All individuals must keep social distance in mind at all times** to prevent its spreading.
- You can access the Ishikawa prefecture coronavirus website from the following QR code if you are looking for more information.

