



Stand: Mai 2022 / as of May 2022 / 2022 年 5 月時点

DIJ Corona-Regeln	DIJ Covid rules	新型コロナウイルス感染症対策
Bitte tragen Sie eine Maske in öffentlichen Räumen, auf den Fluren, in der Bibliothek und auf den Toiletten des DIJ. Falls sich im (Gastprofessoren)zimmer mit Ihnen weitere Personen aufhalten, ist auch hier eine Maske zu tragen.	At the DIJ, due to the ongoing pandemic, masks are to be worn in public areas, hallways, library, and bathrooms. The visiting scholar room is shared with others potentially, so if there are others in the room, you need to wear your masks. The same goes for being inside an office with others.	ドイツ日本研究所では、廊下、図書室、トイレなど共有スペースではマスクの着用をお願いします。客員研究員室には、二人以上がいる場合にマスクの着用をお願いします。
Lüften Sie bitte regelmäßig. Es sind keine Filteranlagen installiert.	There are no air filters installed, so please ventilate the room frequently.	空気清浄機は設置されていませんので、こまめに換気してください。
Wenn Sie allein bei geschlossener Tür in Ihrem Arbeitsraum sind, brauchen Sie keine Maske zu tragen.	If you are alone in your room and your door is closed, you do not have to wear a mask.	個室に一人で、ドアが閉まっている場合は、マスクの着用は不要になります。
Wenn Ihre Tür geöffnet ist, setzen Sie bitte die Maske auf.	If you keep the office door open, please keep wearing your mask.	個室のドアが開いている時は、マスクの着用をお願いします。
Fall Sie grippeähnliche Symptome haben (Fieber, Halsschmerzen, Husten, Bauchschmerzen, Gelenkschmerzen), sollten Sie zuhause bleiben, um ein mögliches Übertragen des Virus zu vermeiden. Sie	If you are not feeling well or have any cold-like symptoms (e.g fever, sore throat, cough, stomach ache, joint pain, etc), stay at home in order to limit the possible exposure to the virus. In order to mitigate the spread of	自覚症状（発熱、頭痛、体のだるさ、せき、のどの痛み）のある方は、感染拡大防止のため、ご自宅から外出しないでください。また、同居している方に上記の



sollten auch dann zuhause bleiben, wenn jemand aus dem gleichen Haushalt Erkältungssymptome zeigt. Bitte wenden Sie sich an das örtliche Gesundheitszentrum.	transmission, persons should stay at home when someone in the same household displays any cold-like symptoms. Please call the Tokyo Covid-19 Call Center.	症状が出た時、同じく自宅待機をしてください。詳しいことは「かかりつけ医・身近な医療機関」や「発熱相談センター」でお聞きください。
Falls Sie sich mit dem Corona-Virus infiziert haben, bleiben Sie bitte so lange zuhause, wie es das örtliche Gesundheitszentrum angeordnet hat. Ab dem Zeitpunkt, wo Sie negativ Test getestet sind und Sie aus der Quarantäne offiziell entlassen werden, dürfen Sie das Institut wieder besuchen.	If you are infected with Covid, please stay at home as long as you are told to by the local health center. Only when your test result is negative and you are released from the quarantine officially, you may come to the institute again.	新型コロナウイルス感染症にかかった場合、ご自宅等での待機をお願いしています。地域の保健所などの指示に従っていただきます。隔離期間が終了し、PCR検査で陰性となった後、DIJに来ることが可能となります。
Wir danken für Ihre Kooperation.	We thank you for your cooperation.	ご協力ありがとうございます。



Official guideline by Ministry of Health, Labour and Welfare

If you are infected:

- (1) At the very least, please contact Call center in any of the following situations.
 - a. You have severe symptoms such as breathing difficulty, intense tiredness (fatigue), or high fever: Symptoms vary from person to person. If you feel the symptoms are severe, contact Call center immediately.
 - b. If you are at high risk of becoming severely ill(※) and have relatively mild cold symptoms, such as fever and cough. (※Elderly, People with underlying conditions such as diabetes, heart failure, or respiratory diseases (COPD, etc.), People on dialysis, People taking immunosuppressive agents or anti-cancer drugs.)
- (2) Other than the above, people have been having relatively mild cold symptoms, such as fever and cough, that are persistent: Symptoms vary from person to person. If you feel the symptoms are severe, contact a Call Center immediately.
- (3) Just in case, pregnant women, the same as people who are susceptible to severe illness, should contact your doctor or a COVID-19 Consultation Center. For children, it is advisable to see a pediatrician, and so please consult with a COVID-19 Consultation Center or your pediatric medical institution by telephone or other means.
- (4) Take days off work or school and refrain from dining with others if you are feeling sick. Even if your fever is relieved by taking fever medicine, you may spread the infection.

MHLW Call Center (toll free)
-COVID-19: 0120-565-653
Source: https://www.mhlw.go.jp/stf/covid-19/qa_02.html

Tokyo COVID-19 Call Center
Telephone number (9-22:00)
0570-550571
<https://www.c19.mhlw.go.jp/area-kanto-en.html#tokyo>

Bureau of Social Welfare and Public Health 東京都福祉保健局
https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/corona_portal/soudan/coronasodan.html