

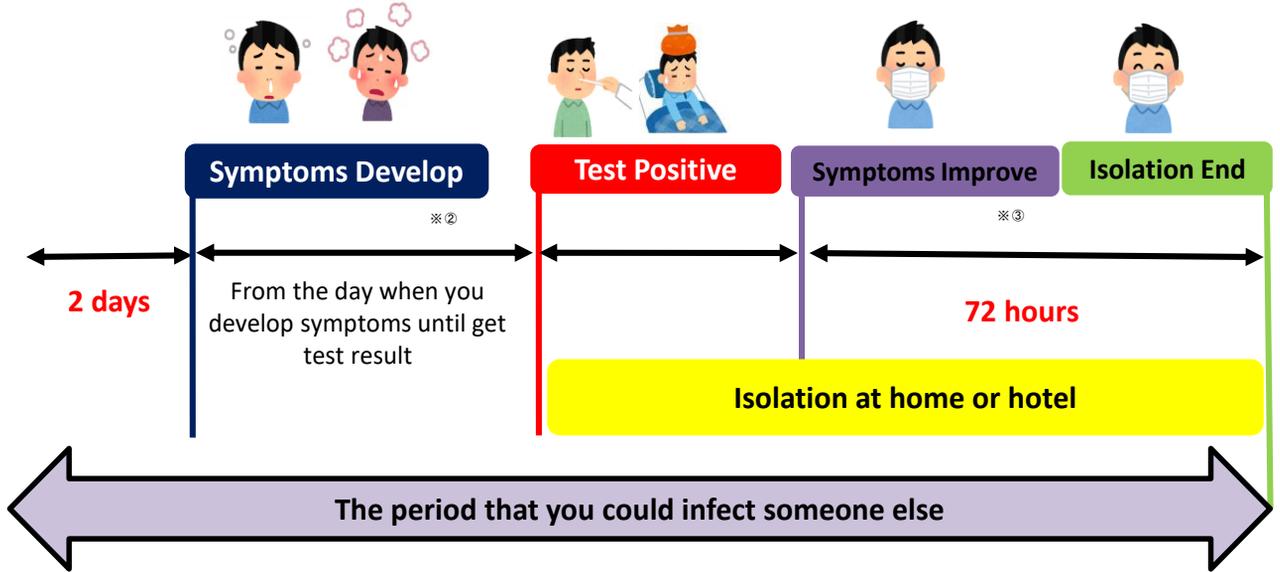
# When your COVID-19 test is positive and stay home for isolation

## Symptomatic case

※①



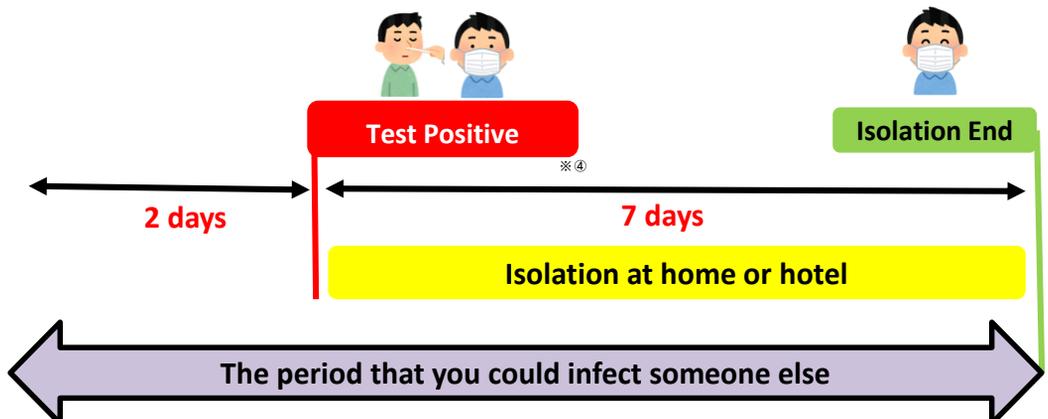
You are encouraged to stay home until your symptoms is over for 72hours and more than 10days passed since 1st day of developed symptoms.



## Asymptomatic case



You are encouraged to stay home until 7 days passed since your specimen was collected.



※① When no treatment with a ventilator, etc. is performed.

※② Day1 is the first day of symptoms or your test specimen was collected if you not clear when symptoms developed.

※③ Fever-free without using fever-reducing medication and your symptoms are improving.

※④ Day1 is your test specimen was collected.

## ■ Close contact with someone with COVID-19

### Q1. What is “Close contact”?

**A1.** “Close contact” is someone who has been contact with an infected person (tested positive for COVID 19 via PCR testing, etc.) and meeting following conditions.

The period starts from 2 days before the onset of symptoms or collected specimen until ending isolation.

- A person who lives with the patient
- A person who had long term contact with patient
  - Aircraft: A person who was sitting front and back 2 rows (International) or within 2 meters (Domestic)
- A person who has examined, nursed or cared for the patient without appropriate infection
- A person who may have come into direct contact with contaminants such as airway secretions or bodily
- A person who has been in contact with the patient for more than 15 minutes without necessary infection prevention measures within touching distance (1meter)

Based on this condition, the public health center conducts interviews and makes a comprehensive judgment.

### Q2. What should I do if I am a “Close contact” ?

**A2.** When the close contact tested positive, please take precaution to your health condition and take prevention of infection until the public health center judges who will be a close contact.

## ■ Self-isolation at home

### Q3. Where to contact during self-isolation at home?

**A3.** Contact the call center or consultation desk of your municipality.



【Local Call Centers】  
<https://www.c19.mhlw.go.jp/>

### Q4. What precautions should be taken in self-isolation at home?

**A4.** It is recommended to prepare in advance as no leaving your home during the self-isolation period. However, some local governments deliver a grocery package. And if you use delivery services, please devise a receiving method such as leaving the package in front of the door so as not to come into direct contact with them. Also, check your thermometer, including the remaining battery power.

### Q5. Is it safe to take antipyretic to treat symptoms?

**A5.** No problem. Consult with your doctor or pharmacist in the following cases;

- If you are taking other medicine, while pregnancy or breastfeeding, or senior citizen. You might be limited medicines to take under medical care such as stomach and duodenal ulcers.
- If you have ever experienced allergic symptoms or asthma due to medication, etc.
- If symptoms are severe or long-lasting such as severe pain or high fever.

### Q6. What if I run out of medicine?

**A6.** It depends on the municipalities. Some of them deliver medicines through online medical services. You may pick your medication up from your roommate, or you may ask deliver person to leave the package in front of the door.

**Q7. How does the pulse oximeter work?**

**A7.** If SpO<sub>2</sub> (blood oxygen saturation) level measured below 93% by the pulse oximeter, consult public health center or your family doctor immediately. It may not give an accurate reading if your hands are cold or swollen, or you have nail polish when you use it. There may be a slight error in measurements depending on the product.



Photo by the Japanese respiratory society

**Q8. What to do with my used pulse oximeter?**

**A8.** Please return used pulse oximeter to the municipality that sent it to you with following the instructions.

**Q9. What is the definition of “severe illness”?**

**A9.** Severe illness : People who needs hospitalize to ICU(intensive care unit) using a ventilator facing crisis of life.

- Moderate illness : People who has shortness of breath or pneumonia.
- Moderate illness II : People who needs oxygen apply.
- Moderate illness I : People who doesn't need oxygen apply.
- Minor : People who can breathe on their own without problem even if it's hard.

If your SpO<sub>2</sub> level measured under 93% by your pulse oximeter, consult to your doctor even with no symptoms.

**Q10. I have a bad cough and cough up phlegm. How to stay clam?**

**A10.** When you lie down on your back for a long time, gravity causes phlegm to accumulate more sassily. Lying down on your stomach sometimes improve blood circulation.

**Q11. How to prevent heat stroke?**

**A11.** Use electric fans or air conditioners to keep the proper temperature. Drink water regularly and take salt or drink an oral rehydration solution even when you are not thirsty.

**Q12. My municipality asked me for health observation during self-isolation.**

**A12.** Each municipality uses different tools for health observation. If you use My HER-SYS, you need to register via a URL sent by SMS from public health center. Complete the sing up and input your health observations via smartphone or laptop.

Note: You may receive a SMS before contact from a public health center.



**【My HER-SYS User's guide】**

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00295.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00295.html)

## ■ Ending isolation ▪ Self-quarantine

### Q13. How can I end isolation?

**A13.** 【Symptomatic case】 10 days passed when developed symptoms and passed 72 hours free from symptoms. Taking COVID-19 test twice after 24hours passed from symptoms free and get negative result is also valid.

【Asymptomatic case】 After 7 days passed the date your specimen was collected.

【Symptoms appear after negative】 We consider the day of onset as day 1 of infection because COVID-19 is considered to be contagious for 10 days after onset.

### Q14. How long family member should be quarantined?

**A13.** We consider a family member as a close contact according to 【A1】. Stay home and quarantine for 7days after patient develops symptoms. During that period, stay away from people you live with, wash your hands, wear a well-fitting mask and sanitize the place you might touch, and dispose the garbage properly. Even after the period is over, you are encouraged to check your health and avoid social gathering until the patient is recovered.



【If your family member is infected with COVID-19】  
<https://www.mhlw.go.jp/content/household.pdf>

### Q15. How to dispose of household garbage of an infected person ?

**A15.** Tissue paper and masks used by a positive person are contaminated with the virus, so be careful not to touch the garbage and tie the bag tightly. Wash your hands thoroughly with soap after disposing of garbage.



【English】



【 Chinese】



【やさしいにほんご】

【How to dispose of household garbage】  
[https://www.env.go.jp/recycle/waste/sp\\_con tr/infection/coronakoho.html](https://www.env.go.jp/recycle/waste/sp_con tr/infection/coronakoho.html)

### Q16. Should I get vaccinated even if I've had COVID-19?

**A16.** You should still be vaccinated even if you already had COVID-19 before. Emerging evidence shows that getting COVID-19 vaccines after you recover from COVID-19 infection provides added protection to your immune system. On the other side, side effects might appear more after vaccination compare with no history of infection. After the infection or treatment, you can be vaccinated regardless of the treatment or the length of time since the infection.



【COVID-19 vaccines Q&A】  
<https://www.mhlw.go.jp/stf/covid-19/qa.html>