

## If you have been infected with COVID-19 (novel coronavirus)

### What to expect after the test

- (1) After undergoing a COVID-19 test, stay at home until you get the result.
- (2) If you are informed by your clinic that you have tested positive, please stay at home **as you will receive a phone call from the health center.**

### What to do when staying at home

- You will receive a phone call from the health center. They will ask about your physical condition and determine the date of onset of your symptoms. They will ask you who you came in contact with **within the 2 days prior to the date of onset.**
- You will receive a phone call from the health center once per day. Tell them your physical condition for that day.
- Food and other supplies will be delivered if necessary.
- The health center will determine the period of treatment for you. The period will end when it is confirmed that there is no possibility of transmission to others. They will contact you by phone when your treatment period is over.



Daily life precautions

To avoid transmitting the novel coronavirus to your family, friends, and loved ones,

**please be sure to do the following.**



#### 1 Notify your place of work, school, children's club, day care center, etc. as soon as possible

- Contact your place of work, school, children's club, day care center, etc. as soon as possible to inform them that you have tested positive. Those who live in the same household are often identified as close contacts. Please tell them to go home as soon as possible.

#### 2 Refrain from leaving home

- Those infected with the coronavirus should stay at home until their treatment period is over.



#### 3 Prevent the spread of infection to other family members or housemates

- Those infected should stay in a separate room from those not infected. They should also eat and sleep in a separate room.
- Only one person should be designated to take care of an infected person who needs care. The elderly, those with a heart or lung condition, those with diabetes, and pregnant women should not take care of the infected person.
- Those infected should stay in the room as much as possible.
- Everyone in the same household should wear a mask at home.
- Used masks should be disposed of in a trash can inside the residence.
- Do not share towels with other family



members and housemates. Use clean towels after washing.

- Ventilation is crucial. Even when using air conditioning, open the windows regularly.

- After using shared areas such as toilets used by others, wipe frequently touched surfaces with alcohol-soaked paper towels. Those infected should use the bathroom last. Clean all surfaces with a detergent afterwards.

- If other family members or housemates touch the clothes of an infected person, make sure that they wash their hands with soap or disinfect them with alcohol. Laundry of an infected person should be washed with a regular household detergent, and completely dried to kill the virus.



## If you have become a close contact\* of someone with COVID-19

\*A close contact is a person who is highly likely to have been infected with the novel coronavirus.

Daily life precautions

To avoid transmitting the novel coronavirus to your family, friends, and loved ones,

**please be sure to do the following.**

#### 1 Monitor your physical condition

- Take your temperature twice a day, in the morning and at night.
- Check for unusual symptoms. (Cough, runny nose, nasal congestion, sore throat, difficulty breathing, fatigue, headache, nausea, diarrhea, or loss of smell and taste)
- If your temperature is 37.0 °C or higher, or if you feel different to how you normally feel, please contact your family doctor.



#### 2 Notify your place of work, school, children's club, day care center, etc. as soon as possible

- Contact your place of work, school, children's club, day care center, etc. as soon as possible to inform them that you have been identified as a close contact.



#### 3 Take a PCR test

- Close contacts are required to be tested at their family doctor or a clinic nearby. Before visiting your medical institution, inform them by telephone that you are a "close contact."
- You will have to pay for the medical consultation yourself. The fee for the PCR test will be partly borne by the government.
- Even if your PCR test result is negative, stay at home for two weeks from the day you last came in contact with an infected person.



#### 4 Refrain from leaving home

- Close contacts should stay at home. Even if you have been vaccinated, you may still carry the virus.



#### 5 Prevent the spread of infection to others

- Close contacts should stay in a separate room from healthy people. They should also eat and sleep in a separate room.
- Only one person should be designated to take care of a close contact who needs care. The elderly, those with a heart or lung condition, those with diabetes, and pregnant women should not take care of a close contact.
- Close contacts should stay in the room as much as possible.
- Everyone in the same household should wear a mask at home.
- Used masks should be disposed of in a trash can inside the residence.
- After taking off a mask, be sure to wash your hands with soap or use alcohol-based hand sanitizer.
- Do not touch your eyes, nose, mouth, etc. with unwashed hands.
- Do not share towels with other occupants of the house. Use clean towels after washing.
- Ventilation is crucial. Even when using air conditioning, open windows regularly.
- Open windows in shared areas (toilet, washroom, kitchen, living room, etc.) and rooms for other housemates.
- After using shared areas such as toilets used by others, wipe frequently touched surfaces with alcohol-soaked paper towels. Close contacts should use the bathroom last. Clean all surfaces with a detergent afterwards.



#### Inquiries

- If you do not have a medical institution to go to, please contact "City of Kitakyushu Novel Coronavirus Navigation Dial." TEL: 0570-093-567
- For consultations other than the above, please contact the Infectious Disease Medical Response Division of the COVID-19 Medical Response Department. TEL: 093-522-8711