

# Home Treatment Booklet

For those Receiving Treatment at Home for COVID-19

## For “Persons Not Subject to Submission of Notification of Occurrence”

### Contents

1. Basic Flow of Home Treatment • • • • • P 1
2. Preparing for home treatment • • • • • P 5
3. Health Observation • • • • • P 7
4. Life during the treatment period • • • • • P 8
5. Deliveries of Medical Equipment • • • • • P17
6. Ending at home treatment • • • • • P19

### [Attachments]

1. List of Consultation Counters for COVID-19
2. For those facing livelihood issues: Information on the Consultation Support Service for the Independence of the Needy
3. Health Record Sheet



[September 26, 2022 Edition]

Gifu Prefecture Department of Health and Welfare

## **1.Basic Flow of Home Treatment**

- In Gifu Prefecture, among individuals infected with COVID-19, those who do not fall under the following four categories are, in principle, provided with information necessary for home treatment by short message service (SMS) to their cell phones.

### **①Those who are 65 years old or older**




### **②Those requiring hospitalization**

### **③Those who are at the risk of becoming seriously ill and whose doctor determines that administration of COVID-19 medicine or oxygen administration is necessary**

### **④Pregnant women**

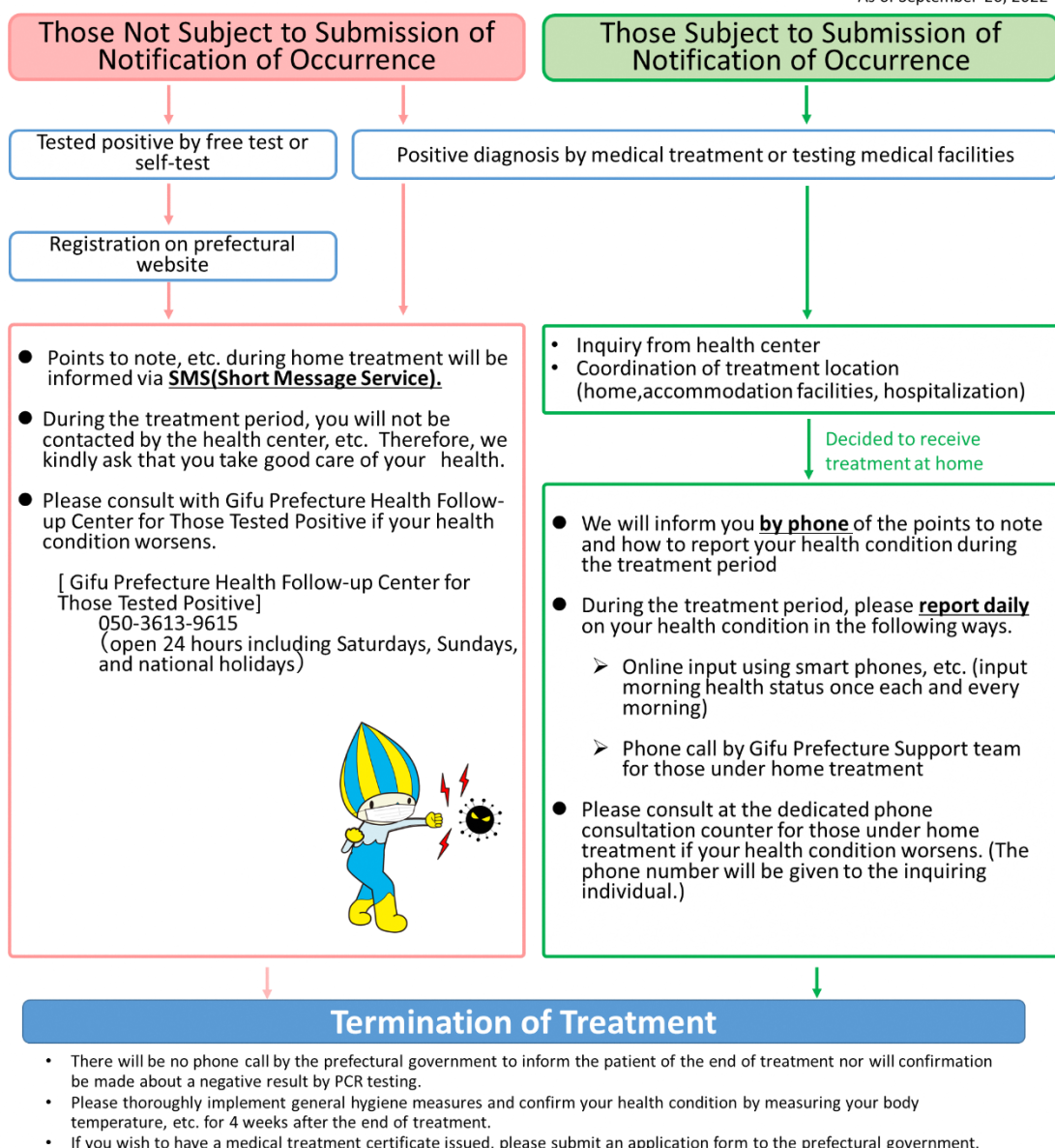
- The SMS will contain the URL of a website with information necessary for home treatment and the phone number to call for inquiries.
- If you have any questions or concerns, please visit the dedicated website using the QR code on the next page, or contact the Gifu Prefecture Health Follow-up Center for Those Tested Positive.

Gifu Prefecture Health Follow-up Center for Those Tested Positive (Phone Number) ※Open 24 hours	050-3613-9615
---	---------------

<p>The Gifu Prefecture Health Follow-up Center for Those Tested Positive (email adress)</p>	<p>gifu_follow-up@medi-staffsup.com</p>
<p>○About “Home Treatment for Persons Not Subject to Submission of Notification of Occurrence” (for low-risk individuals under 65 years old)  <a href="https://www.pref.gifu.lg.jp/page/198845.html">https://www.pref.gifu.lg.jp/page/198845.html</a></p>	
<p>○About “Home Treatment for Persons Subject to Submission of Notification of Occurrence” (for individuals over 65 years old, etc.)  <a href="https://www.pref.gifu.lg.jp/page/249200.html">https://www.pref.gifu.lg.jp/page/249200.html</a></p>	
<p>○About Gifu Prefecture Health Follow-up Center for Those Tested Positive          ※Open 24 hours  <a href="https://www.pref.gifu.lg.jp/site/covid19/240567.html">https://www.pref.gifu.lg.jp/site/covid19/240567.html</a></p>	

# Basic Flow of Home Treatment

As of September 26, 2022



※For "those who are subject to Submission of Notification of Occurrence" and are receiving treatment at home

For "those subject to submission of "Notification of Occurrence", the flow of home treatment and points to keep in mind are different from "those not subject to submission of "Notification of Occurrence" (not covered by this booklet). For

**more details, please refer to the Gifu Prefecture Homepage  
"About Home Treatment for Persons Subject to Submission of  
Notification of Occurrence (for individuals over 65 years old,  
etc.)" (refer to page 2) or "Home Treatment Booklet for Persons  
Subject to Submission of Notification of Occurrence."**

---

If you are not subject to submission of "Notification of Occurrence,"  
please continue to refer to this booklet.

## **2. Preparing for Home Treatment**

### **1. Preparing the Treatment Environment**

- To minimize contact with household members, keep your living spaces completely separate (patients should be confined to a single room as much as possible).
- Hygiene products required for disinfecting shared spaces, such as toilets, bathrooms, and sinks (items such as disinfectant products, gloves, masks (in this booklet, the term "mask" refers to disposable surgical masks, which are the recommended variety)).
- Prepare towels, soap, toothpaste, and other hygiene products for the patient's exclusive use. These are not to be shared.
- Dishes and bed sheets should also be prepared in this manner.

### **2. Medicine**

- If you are taking any medication, prepare a two-week supply so that you don't run out during your treatment period.
- If you think you will run out of medicine, call your regular doctor, and ask for a prescription.

### **3. Food and Daily Necessities**

- For groceries and daily necessities, please prepare about a two-week supply by yourself using online shopping, etc.

Follow the "Check Sheet for Starting Home Treatment" on the next page.  
Please check the items that you and your household members should pay attention to during home treatment.

## < Checklist for Starting Home Treatment >

	Precautions	The patient and household members
1	During the treatment period, refrain from unnecessary outings and do not accept any non-urgent and/or unnecessary visitors. *In symptomatic cases, once 24 hours have passed since symptoms have subsided (or in asymptomatic cases), it is permissible to go out only to the minimum extent necessary, such as to buy groceries, etc., provided that the patient takes thorough voluntary infection prevention measures, such as always wearing a mask when going out or in contact with others.	<input type="checkbox"/>
2	Isolate the patient to their own space (separate from other household members) and avoid contact as much as possible.	<input type="checkbox"/>
3	Wherever possible, the individual taking care of the patient should be limited to a single person (ideally someone who is healthy and has no underlying medical conditions).	<input type="checkbox"/>
4	All household members should wear masks (ideally disposable surgical masks).	<input type="checkbox"/>
5	Frequently disinfect your hands with alcohol or wash them with soap and water.	<input type="checkbox"/>
6	Do not share hygiene products such as towels, soap, toothpaste, or dishes, sheets, etc.	<input type="checkbox"/>
7	The patient should be the last one to bathe in the household.	<input type="checkbox"/>
8	Ventilate the room every 30 minutes to every hour during the day.	<input type="checkbox"/>
9	Household members should disinfect any surfaces touched by the patient like doorknobs, handrails, and light switches, each time they are used or at least once a day. Thoroughly wash your hands after touching any items the patient has touched, Toilets, bathrooms, and other areas shared with patients should be cleaned and ventilated thoroughly.	<input type="checkbox"/>
10	Wash soiled sheets and clothes with regular laundry detergent, and dry thoroughly.	<input type="checkbox"/>
11	Keep garbage tightly sealed and dispose of it as household waste.	<input type="checkbox"/>
12	When receiving a package from a courier, avoid contact with the delivery person (have the delivery left outside your house/apartment door).	<input type="checkbox"/>
13	Do not drink alcohol or smoke during the treatment period.	<input type="checkbox"/>
14	Prepare a two-week supply of any medicine you require. If you think you will run out of medicine, call your regular doctor, and ask for a prescription (they may need to examine you).	<input type="checkbox"/>

### 3. Health Observation

#### 1. Those who will have health conditions checked

Please check your health condition by yourself, and if you have any questions or concerns, please call the Gifu Prefecture Health Follow-up Center for Those Tested Positive at 050-3613-9615 (open 24 hours including Saturdays, Sundays, and national holidays).

In addition, if you experience any of the following worsening health symptoms, please consult at the above contact point.

#### **[Urgent Symptoms]** (Examples)

(\*) Indicates item to be confirmed by another household member.

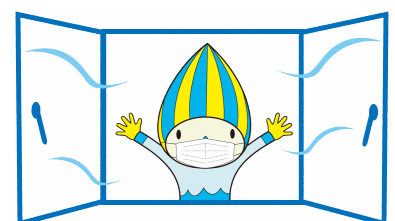
<b>[Facial expression/appearance]</b>	<ul style="list-style-type: none"><li>- Poor facial complexion/color (*)</li><li>- Lips turning blue</li><li>- Different from normal/seems off (*)</li></ul>
<b>[Breathlessness, etc.]</b>	<ul style="list-style-type: none"><li>- Breathing is ragged (increased rate of breath)</li><li>- Suddenly become hard to breathe</li><li>- Feels hard to breathe when moving around in a typical manner</li><li>- Pains in the chest</li><li>- Unable to breathe without sitting or lying down</li><li>- Breathing heavily with lots of shoulder movement</li><li>- Sudden feeling of exhaustion (within 2 hours)</li></ul>
<b>[Disoriented, etc.]</b>	<ul style="list-style-type: none"><li>- Sluggish (vague responses) (*)</li><li>- Dazed (no response) (*)</li><li>- Pulse seems to stutter, or rhythm is off</li></ul>
<b>[Blood oxygen saturation (SpO2) value]</b>	<ul style="list-style-type: none"><li>- 95% or less</li></ul>

## 4. Life during the treatment period

---

### 1. Precautions During Medical Treatment

- **During the treatment period, refrain from unnecessary outings.** In symptomatic cases, once 24 hours have passed since symptoms have subsided (or in asymptomatic cases), it is permissible to go out only to the minimum extent necessary, such as to buy groceries, etc., provided that the patient takes thorough voluntary infection prevention measures, such as always wearing a mask when going out or in contact with others.
- Separate your living space from household members, eat meals in this space, and do not leave this space except to go to the bathroom or bathe.
- Wear a mask when entering or leaving the room.
- Frequently disinfect your hands with alcohol or wash them with soap and water.
- **Ventilate the room every 30 minutes to every hour during the day.**
- **Drinking alcohol and smoking are strictly prohibited**, as they may make it difficult to assess your health accurately and may worsen your condition.
- When using online shopping, etc., give some thought to how packages are received to avoid contact with the delivery person. For example, have packages be left outside your front door. Also, please do not accept any non-urgent and/or unnecessary visitors.
- Please keep garbage tightly sealed and dispose of it as household waste. (See the flyer on page 13).
- Please be advised that the prefectural government will provide the address, name, contact information, and other personal information of those who are treated at home to your municipality for the purpose of disaster evacuation, emergency transportation, daily life support, etc. (The confidentiality of your information will be protected by the municipality, and it will be destroyed as soon as the patient is released from home treatment or admitted to a hospital or other facility.)



## 2. Precautions for Household Members

- **To minimize contact with the patient, keep your living spaces completely separate (the patient should be confined to a single room as much as possible).** If there is more than one patient in the home, they can share a living space.
- If someone in the same household will be caring for the patient, the care giver should be limited to one person wherever possible. Conversations with other family members should be held via phone to reduce contact as much as possible. Wherever possible, the care giver should be someone who is healthy and who has no underlying medical conditions.
- All household members should wear masks and frequently disinfect their hands with alcohol or wash them with soap and water.
- Areas the patient touches when using the toilet, bath, or other shared spaces (doorknobs, handrails, light switches, etc.) should be disinfected with an alcohol-soaked tissue, etc., at least once a day. After touching any items the patient has touched, immediately disinfect your hands or wash them with soap and water.
- Sinks used by patients for brushing their teeth or gargling should be rinsed after use. Any areas where water has splashed should also be wiped clean.
- Toilets, bathrooms, and other areas shared with patients should be cleaned and ventilated thoroughly, and patients should be the last person to bathe.
- **Do not share dishes, sheets, and hygiene items (towels, soap, toothpaste, etc.), etc. with patients.**
- Wear gloves and a mask when handling dishes, soiled clothes, sheets, etc., used by the patient. When taking clothes, sheets, etc., out of the patient's room, place them in a plastic bag before removing them.
- Use regular detergent when washing dishes, clothes, sheets, etc., and dry them thoroughly. You may wash and launder them together with those used by uninfected household members.

### 3. About Securing Food and Other Supplies during Home Treatment

- Please procure food and daily necessities during home treatment by storing them at home, asking relatives and friends for assistance, as well as shopping online or using delivery services by yourself.
- \* If it is exceedingly difficult to procure food and other supplies on your own (such as not being able to obtain assistance), we will deliver them to you. Please apply through our website or by phone (050-3613-9615 (open 24 hours including Saturdays, Sundays and national holidays)). We recommend that you apply through our website because the phone lines are very busy.

○ Loaning of Medical Equipment (Pulse Oximeters and Thermometers) and Delivery of Foods and Daily Necessities

<https://www.pref.gifu.lg.jp/page/237177.html>



- In symptomatic cases, once 24 hours have passed since symptoms have subsided (or in asymptomatic cases), it is permissible to go out only to the minimum extent necessary, such as to buy groceries, etc., provided that the patient takes thorough voluntary infection prevention measures, such as always wearing a mask when going out or in contact with others.

### 4. For Pet Owners



- During the treatment period, avoid excessive contact with pets and keep them at a distance.
- Please decide in advance what to do if you cannot take care of your pet during the treatment period, such as when you are hospitalized.  
(e.g., leave the pet with a relative or acquaintance, etc.)

### 5. Evacuating in the Event of a Natural Disaster

- If evacuating due to a natural disaster such as heavy rain, typhoon, or earthquake, you must avoid contact with other people to avoid spreading your infection.
- For the safety of other evacuees and to prevent infection at evacuation centers, please pay close attention to the following points:

#### 1. Determine Where You Will Evacuate

- Check a hazard map and decide where you will evacuate.

	(Ministry of Land, Infrastructure, Transport and Tourism) <b>Hazardous Area Map Portal Site</b> ...a Website that compiles hazard maps prepared by each municipality	(Gifu Prefecture) <b>Hazardous Area Map for Mountains and Rivers in Gifu</b> ...a Website that allows you to find out where the dangerous areas of mountains and rivers are located using your postal code
URL	<a href="https://disaportal.gsi.go.jp/index.html">https://disaportal.gsi.go.jp/index.html</a>	<a href="https://kikenmap.gifugis.jp/">https://kikenmap.gifugis.jp/</a>
QR Code		
<p>☞ Evacuate to the upper floors of your home (upstairs evacuation) (only in case of water damage)</p> <p>☞ Evacuate to a dedicated evacuation center, etc. (municipal evacuation center) without using public transportation</p> <p>☞ Evacuate in a vehicle</p>		

## 2. Advanced Preparation

Take the following measures in anticipation of where you will evacuate

(If necessary, please consider asking family members who live in different households or friends to help you prepare.)

1. Stockpile 3 days of drinking water, food, medicines, etc., as well as masks and disinfectant wipes.
2. Prepare to take your thermometer and pulse oximeter (loaned by the prefecture), a contactable cell phone, and a battery charger with you.
3. If it is difficult to evacuate to an evacuation center on your own, consider and prepare a means of transportation, such as asking a relative to pick you up.
  - ☞ If you will be riding in a relative or friend's car, the patient should sit in the back seat with the window open, you should avoid talking, and everyone should wear masks.

4. Collect weather information from the Japan Meteorological Agency's website, etc., and evacuate earlier rather than later.

### **3. Responding to Disasters**

- **If you are evacuating somewhere other than your home, please contact the local government in charge of that area in advance.** (See the attached flyer on page 15 for contact information by municipalities.)
  - Use a means of transportation other than public transportation to get to evacuation shelters and other spaces in your municipality.
  - **However, if the situation is life-threatening, your first priority should be taking action to save your life.**
- ※ Please continue to monitor your health daily during evacuation. If you feel that there are any irregularities regarding your health condition, including the symptoms requiring urgent attention as shown on page 7, please contact the Gifu Prefecture Health Follow-up Center for Those Tested Positive (050-3613-9615 (open 24 hours including Saturdays, Sundays and national holidays)).

<Reference>

Source: "Safely disposing of masks and related items at home to prevent COVID-19 infection" leaflet  
(Ministry of the Environment)

# HOW TO DISPOSE OF HOUSEHOLD GARBAGE

For Infection Prevention and Control Measures to the Novel Coronavirus

## — Five (5) Manners to Keep in Mind for Household Garbage Disposal —



### 1 Securely tie to seal garbage bags!

Securely tied garbage bags are not easily opened, so garbage inside does not come off, and can be carried safely during collection and transportation.



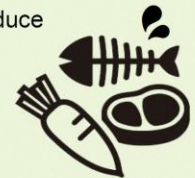
### 2 Deflate air inside the garbage bags!

This allows garbage bags to be carried easily, and prevents bags from bursting when loading them into garbage trucks.



### 3 Drain water from kitchen waste!

It helps reduce weight of garbage.



### 4 Try to reduce "everyday garbage"!

Minimizing garbage is equally important. Preventing food waste by eating all that has been served can reduce a significant amount of household garbage for example. Here are ideas you can easily begin with to enjoy more chances of cooking and serving meals at home.

Visit our "[Food Loss Prevention Portal Site](#)". (Japanese)



### 5 Check and follow sorting and disposal rules at your local municipality!

Some municipalities may have stopped receiving bulky waste, or may have changed sorting and disposal rules for recyclables to cope with the coronavirus situation. Littering is strictly prohibited under any reasons.



## Disposal of Face Masks and Items Used by Those Infected or Suspected of Infection including the Novel Coronavirus (COVID-19)

If you and/or someone living with you are, or might be, sick with Infection such as the novel coronavirus, please always keep in mind to follow the manners below in disposing of household garbage.

### ① Cover an empty garbage container with a plastic garbage bag.

Dispose of garbage before it becomes full.



### ② Securely tie garbage bags to avoid direct contact!

Deflate garbage bags before tying. Double bag the garbage if the garbage bag is torn and/or the contained garbage accidentally contacted outside the garbage bag.



### ③ Wash your hands immediately after disposal!

Wash your hands carefully in running water with soap immediately after every disposal.



Your considerate attention and care are essential for both your family and waste management staff members.

Thank you very much for your kind cooperation!



環境省  
Ministry of the Environment





To individuals infected with COVID-19  
recuperating at home  
or waiting for hospital admission at home  
～ Please plan ahead for natural disasters ～

To prevent the disease from spreading, you should avoid contact with others while recuperating at home or while waiting for hospital admission at home. It is the same in the case of seeking refuge from an unexpected natural disaster. To secure safe evacuation and prevent further transmission at evacuation sites, please pay close attention to the precautions listed below

## 1. Consider where to seek shelter:

Look at hazard maps, etc. to decide where you want to evacuate to and inform the public health department of your decision.

(Ministry of Land, Infrastructure, Transport and Tourism)  
Hazardous Area Map Portal Site



...a Website that compiles hazard maps prepared by each municipality

(Gifu Prefecture)  
Hazardous Area Map for Mountains and Rivers in Gifu



...a Website that allows you to find out where the dangerous areas of mountains and rivers are located using your postal code

- ☞ Evacuate to the upper floors of your home (upstairs evacuation) (only in case of water damage)
- ☞ Evacuate to a dedicated evacuation center, etc. (municipal evacuation center) without using public transportation
- ☞ Evacuate in a vehicle\*

※ Sheltering inside your vehicle is not recommended due to the risk of deep vein thrombosis. However, if it is your only option, be sure to take the following precautions:

**How to prevent deep vein thrombosis** (from the Ministry of Health, Labour and Welfare's website)

- (1) Do some gentle exercises and stretches occasionally.
- (2) Drink plenty of fluids.
- (3) Refrain from drinking alcohol. If possible, refrain from smoking.
- (4) Wear loose-fitting clothes and keep your belt loose.
- (5) Do exercises such as raising and lowering your heels, and gently massaging your calves.
- (6) Raise your legs when sleeping.

## 2. Preparedness:

Know your evacuation routes and make the following preparations. You might need to ask friends or family members living apart from you for help with such preparations.

1. A three-day supply of food, drink, and household medicines are normally recommended in preparation for a natural disaster. But do include additional provisions such as masks, disinfecting wipes, etc.
2. Keep a thermometer, pulse oximeter (only applied to those renting a pulse oximeter from the prefecture), and cell phone within easy reach to take with you when evacuating.

(Continued on back of page) 1/3

3. If it is difficult for you to evacuate to the shelter on your own, ask relatives in advance to give you a ride when such need arises.
  - Keep your car's fuel tank full.
  - If you are given a ride by a relative, please seat in the back seat with the windows open. All persons inside the car should wear masks and avoid conversations.
4. Keep yourself informed of the weather conditions by accessing sources such as Japan Meteorological Agency's website. Be ready to evacuate early.

### 3. Others:

Please notify your local municipal office beforehand if you plan to seek refuge at location other than home. Avoid using public transportations while evacuating to the designated shelter. However, in case of a life threatening situation, make protection of life the highest priority.

<Contact information regarding designated shelter sites for those recuperating at home>.

Municipal Office	Section in charge	Phone number
Gifu	Kansenshoutaisaku-ka	058-252-0393
Hashima	Kosodate kenko-ka	058-392-1111 (Extension 5304)
Kakamigahara	Shichoukou-shitu bousaitaisaku-ka	058-383-1190
Yamagata	Soumu-ka Bousaitaisaku-shitu	0581-32-9100 (Extension 224)
Mizuho	Shiminkyoudou anzen-ka	058-327-4130
Motosu	Soumu-ka	0581-34-2511 (Extension 1145)
Ginan	Soumu-ka	058-247-1360 (Extension 322)
Kasamatsu	Soumu-ka	058-388-1111 (Extension 220)
Kitagata	Soumukikikanri-ka	058-323-1111
Ogaki	Ogaki Health Center	0584-75-2322
Kaizu	Kenkou-ka	0584-53-1317
Yoro	Soumu-bu soumu-ka	0584-32-1101
Tarui	Kikakuchousei-ka	0584-22-1152
Sekigahara	Soumu-ka	0584-43-1110
Godo	Soumu-ka Tiikianzen-kakari	0584-27-0171
Wanouchi	Kikikanri-ka	0584-69-3111 0584-69-3117(Direct)
Anpachi	Soumu-ka	0584-64-3111
Ibigawa	Soumu-ka	0585-22-2111
Ono	Soumu-ka	0585-34-1111
Ikeda	Soumu-ka	0585-45-3111

Municipal Office	Section in charge	Phone number
Seki	Kikikanri-ka	0575-22-3131
Mino	Soumu-ka	0575-33-1122
Minokamo	Kenkou-ka	0574-25-4145
Kani	Kenkouzoushin-ka	090-2618-6557
Gujo	Hatiman Area	0575-67-1121
	Minami Area	0575-79-3111
	Yamato Area	0575-88-2211
	Meiho Area	0575-87-2211
	Shiratori Area	0575-82-3111
	Wara Area	0575-77-2211
	Takasu Area	0575-72-5111
Sakahogi	Fukushi-ka (Health Center)	0574-26-7201
Tomika	Fukushihoken-ka	0574-54-2117
Kawabe	Soumu-ka	0574-53-2511
Hichiso	Juuminka (Ikigai Kenkou Center)	0574-48-2046 (Ikigai Kenkou Center) 0574-48-1112 (Juuminka)
Yaotsu	Bousaizen-shitu	0574-43-2111
Shirakawa	Soumu-ka	0574-72-1311
Higashi shirakawa	Soumu-ka	0574-78-3111
Mitake	Soumubousai-ka	0574-67-2111
Tazimi	Kikakubousai-ka	0572-22-1111
Nakatugawa	Kenkouiryoku-ka	0573-66-1111 (Extension 628)
Mizunami	Seikatu anzen-ka	0572-68-2111
Ena	Kenkousuishin-ka	0573-26-2111 (Extension 290)
Toki	Kikikanri-shitu	0572-54-1111
Takayama	Iryou-ka	0577-35-3177 0577-32-3333
Hida	Kikikanri-ka	0577-62-8902
Gero	Kenkouiryoku-ka	0576-53-2101
Shirakawa	Sonmin-ka	05769-6-1311

(Continued on back of page) 2/3

**Attention** What to do when using the designated shelter site:

- When calling to inform the municipal office that you are evacuating, do tell them your name, address, and the fact that you have COVID-19.
- In addition to emergency items (such as water, food, blanket, personal hygiene items, cell phone charger, medicine, prescription record, etc.), do bring along also masks, thermometer, pulse oximeter, etc.
- Follow instructions from the person-in-charge at the municipal office.
- Please continue to monitor your health daily during evacuation. If you feel any irregularities in your health condition, please contact the Health Consultation Counter for Patients under Home Treatment (050-3613-9615 (Available 24 hours a day, every day including Saturdays, Sundays, and national holidays)).

## **5. Deliveries of Medical Equipment**

### **1. Medical Equipment (Pulse Oximeters and Thermometers)**

- A pulse oximeter (a device used with one's fingertip to measure blood oxygen saturation (SpO2)) and a thermometer to be used for health observation will be loaned by the prefecture. Please apply through our Homepage (see page 9) or call the Gifu Prefecture Health Follow-up Center for Those Tested Positive at 050-3613-9615 (Open 24 hours including Saturdays, Sundays, and national holidays).We recommend that you apply through our website because the phone lines are very busy.
- The pulse oximeter and thermometer will be disinfected and used again to monitor the health of other patients, so **please ensure they are returned** (if you fail to return them, you may be required to pay a replacement fee).
  - \* For details on how to use and return these items, please refer to the instruction manual enclosed with the package.



Pulse oximeter



Thermometer

### **2. Delivery Precautions**

- Please understand that the prefecture will need to provide personal information such as your name, residence, and contact information to the delivery company to utilize this service.

- The delivery will be placed at your front door. Please do not answer the door; instead, **speak to the delivery person on the phone or use your intercom** and tell them to leave it at the door.
- If we are unable to confirm that you are at home, we will re-deliver the items the following day or later.
- The delivery will be the day after your request at the earliest.

## 6. Ending at Home Treatment

### 1. Home Treatment Period

#### How the Treatment Period is Determined (Guideline)

[In cases where you have symptoms] The minimum duration of treatment is 7 days from the onset of disease. (Criteria differ for inpatients and residents of elderly care facilities.)

The treatment will be terminated from Day 8 when 7 days have elapsed since the onset date and 24 hours have elapsed since the symptoms have abated.

※ Please take thorough voluntary infection prevention measures until 10 days have elapsed since the onset of disease.



EX 1

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Onset 	Test Positive		Symptoms abate				Treatment ends	Return to daily life ※4

24 hours

In cases where symptoms abated after Day 7 (X ≥ 7)

EX 2

Day 0	Day 1	Day 2	..	..	..	..	Day X	Day X+1	Day X+2
Onset 		Test positive					Symptoms abate 	Treatment ends	Return to daily life ※4

24 hours

[In cases where you have no symptoms] If symptoms develop later during the treatment period, the criteria will be replaced by those for symptomatic cases.

When 7 days have elapsed from the date of specimen collection, the treatment will be terminated from the 8th day.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Specimen collection 					※5 ★		Treatment ends	Return to daily life 

※ If on Day 5 (★) from the date of specimen collection, the patient tests negative by himself/herself using an antigen qualitative test kit approved by Pharmaceutical Affairs Law, the treatment will be terminated on Day 6. However, please take thorough voluntary infection prevention measures until 7 days have elapsed.

○What is voluntary infection prevention measures : Check your own health condition, wear masks, avoid contact with high-risk individuals such as the elderly, etc. and making non-urgent or unnecessary visits to high-risk facilities, as well as avoiding places with a high risk of infection, eating out, etc.

### 2. PCR test, etc. at the end of treatment

- If the patient's health is determined to have no irregularities as a result of monitoring during the above period, the treatment will be terminated.
- According to domestic and international findings, the infectious period is considered to be 7 to 10 days after the onset of the disease, and negative confirmation by PCR or other tests is not conducted at the end of the treatment.
- According to a notice by the Ministry of Health, Labor and Welfare (\*), it is not necessary to submit proof of a negative PCR test result (negative certification) before returning to the workplace, etc.

\*In regards to the Handling of the Lifting of Work Restrictions Stipulated in Article 18 of the Act on Prevention of Infectious Diseases and Medical Care for Patients of Infectious Diseases

URL: <https://www.mhlw.go.jp/content/000891476.pdf>

### 3. Precautions After Completing Home Treatment

- After the treatment is over, you can return to your usual daily life, but please continue to take thorough voluntary infection prevention measures after the treatment period. Please continue for 10 days if you have symptoms or 7 days if you have no symptoms.

<Examples of voluntary infection prevention measures >

- Check health condition by yourself (e.g., taking body temperature).
- Avoid contact with high-risk individuals such as the elderly, etc.
- Avoid non-urgent and unnecessary visits to high-risk facilities.
- Avoid visiting places with a high risk of infection and eating out.
- Wear a mask.

- Please note the following points **for the first 4 weeks after the end of the treatment.**

**<Use thorough hygiene measures>**

- Wash your hands with soap and alcohol disinfectant.
- Use cough etiquette (cover your mouth and nose with a mask, tissue, handkerchief, sleeve, or the inside of your elbow, wear a mask, etc.).

**<Continue to check your health>**

- Take your temperature every day to check for fever (37.5°C or higher).

**<If you experience symptoms such as cough or fever>**

- Call a medical institution and follow their instructions to undergo a medical examination. Ensure you inform them that you have been receiving home treatment for COVID-19.

# List of Consultation Counters for COVID-19

## Inquiries about home medical treatment

### ■The Gifu Prefecture Health Follow-up Center for Those Tested Positive

Scope of consultations: Health concerns during home treatment

Hours of operation: 24 hours a day, every day, including weekends and holidays

Phone number:050-3613-9615

### 1. Consultations on mental health issues such as stress associated with home treatment

#### Gifu Prefecture Mental Health Welfare Center

Scope of consultations: Mental health

Office hours: 9:00 a.m. to noon and 1:00 p.m. to 5:00 p.m. weekdays

### 2. Consultations regarding COVID-19-related harassment

#### Gifu Prefecture Human Rights Promotion Center

Scope of consultations: Consultations regarding COVID-19-related harassment

Office hours: 9:00 a.m. to 5:00 p.m. weekdays

### 3. Consultations about daily life issues

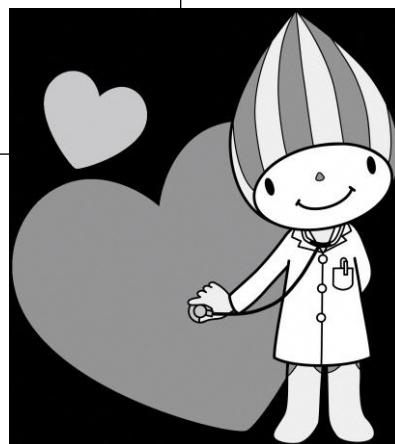
#### Consultation Support Service for the Independence of the Needy

Scope of consultations: Consultations about daily life issues, etc.

Office hours: 8:30 a.m. to 5:15 p.m. weekdays

For 1 to 3 contact Gifu International Center

Phone number: 058-263-8066 (Weekdays 9:30 - 16:30)



# Information from Gifu Prefecture

Free  
consultation

**Guidance of Independence  
Consultation Support Center  
for People in Need**

Confidentiality

**To you who are  
worried about living**



A professional counselor will listen to you and help you solve the problem. Please do not hesitate to contact us before you get stuck.

I'm unemployed and can't pay the rent ... I can't find a job ...

The household budget is difficult ... The utility bill is delinquent ...

There is no counselor ...

**We will listen to any worries.**



**Professional counselors will help you !**

We will listen to the story and make your own support plan.

We will advise you on rebuilding your household budget and resolving delinquency.

We will help you acquire the ability to work.

We will provide the amount equivalent to the rent for a certain period of time.

※There are certain requirements for benefits.

For consultation, contact an **Independence Consultation Support Organization** in your area.

Please see the Gifu Prefecture homepage for **contact information for each region.**



For consultations in languages other than **Japanese**, please contact the  
**Gifu Prefectural Consultation Center for Foreign Residents.**  
Phone:058-263-8066 (Weekday 9:30~16:30)

# Health Record Sheet

Month/day (Day of week)	Time		Body temperature	Oxygen saturation (SpO2)	Notes on physical condition
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>( )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	

# Health Record Sheet

Month/day (Day of week)	Time		Body temperature	Oxygen saturation (SpO2)	Notes on physical condition
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	
<div>/</div> <div>(    )</div>	Morning	7:30	°C	%	
	Afternoon	2:00	°C	%	
	Afternoon	7:00	°C	%	