

For Advance Instruction

For Those Recovering from COVID-19

Recovery Accommodation Facility

(Hotel KOYO Honkan/ Bekkan, APA Hotel Gifu Hashima Eki-mae,
Hotel Route Inn Gifu Hashima Eki-mae/ Ogaki Inter/ Gifu Kencho-minami/
Minokamo/ Toki, Park Hotel Kani, Enakyo Grand Hotel,
Hotel Wing International Hida Takayama)

User's Guide

You cannot exit the room during your stay

Revised July 7, 2022 (21st Edition)

Gifu Prefecture

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1. Getting Started

We have set up recovery accommodation facilities in Gifu Prefecture for people in a stable condition among those who have been infected with COVID-19, where they can spend their time temporarily until they are ready to be discharged.

This user's guide summarizes the preparations before admission to the facility and an image of daily life in the facility.

Please read it and then prepare in advance.

○Recovery Accommodation Facility

Facility **Hotel Koyo Honkan**
Address **1-45 Desuka, Funabashi-cho, Hashima-shi**

Facility **Hotel Koyo Bekkan**
Address **6-25 Hirakata, Fukuju-cho, Hashima-shi**

Facility **APA Hotel <Gifu Hashima Eki-mae>**
Address **1-72 Asahira, Fukuju-cho, Hashima-shi**

Facility **Hotel Route Inn Gifu Hashima Eki-mae**
Address **1-71 Asahira, Fukuju-cho, Hashima-shi**

Facility **Hotel Route Inn Ogaki Inter**
Address **4-115-1 Tsukizute-cho, Ogaki-shi**

Facility **Hotel Route Inn Gifu Kencho-minami**
Address **2-1-8 Suga, Gifu-shi**

Facility **Hotel Route Inn Minokamo**
Address **2449-1 Ota-cho, Minokamo-shi**

Facility **Park Hotel Kani**
Address **3-27 Hiromi, Kani-shi**

Facility **Hotel Route Inn Toki**
Address **4-17 Izumiiwabata-cho, Toki-shi**

Facility **Enakyo Grand Hotel**
Address **2709-77 Oi-cho, Ena-shi**

Facility **Hotel Wing International Hida Takayama**
Address **2-51 Hatsudamachi, Takayama-shi**

2. What to Prepare before Admission

- You will spend your time in the facility until you meet the criteria and are ready to be discharged. There are individual differences in the length of stay, but prepare the daily necessities you will need assuming a stay of 10 days.

- You will spend your time in a private room (with a bath and a toilet) in the facility. You cannot leave the room during your stay.

Fixtures in the room (for a stay of one week)

***Please understand that we do not change daily supplies on a daily basis.**

- Television
- Refrigerator
- Electric kettle
- Hairdryer
- Paper cups
- Toilet paper
- Tissue paper
- Shampoo, conditioner, body soap
- Amenities (razor, toothbrush, hairbrush)
- Drinking water
- Laundry detergent
- Toilet cleaning supplies
- Bath cleaning supplies
- Indoor cleaning supplies
- Garbage bags
- Surgical masks
- Linens (1 pillowcase, 1 sheet, 1 quilt cover)
- Thermometer
- Videophone terminal (*with no telephone function) (*some facilities only rent it out when necessary)
- Pulse oximeter

Below are the minimum items that you should prepare. **For other**

necessary items, please prepare by yourself by referring to the fixtures of the room.

Things you need to prepare (household goods, etc.)

- Clothing
- Socks
- Underwear
- Towels (bath towels, face towels)
- Mobile phone, charging cable
- Laundry bags
- Sanitary products, diapers
- Ballpoint pen
- Medicines (Please bring the medicines you usually take and the medicines you were prescribed when you were examined for your COVID-19 positive test. Please bring your medicine notebook and medicine instructions at the same time.)
 - *Please let us know about the medicines you have brought with you when you talk with the nurse.
- Transportation expenses (those who return home using public transportation after leaving the facility by their bus.)
- Health insurance card

○ **You will come to the facility directly from the hospital or your home in a transfer vehicle prepared by the prefecture (it is not possible to make a detour on the way). We will inform you of the pick-up time, etc. by mobile phone (the number starts with 080).**

Please prepare things to bring by the date of admission.

3. Daily Life in the Facility

- Nurses are stationed in the facility to observe your health 24 hours a day.
If you have any questions about your health, please give us a call.
If your physical condition changes (especially if you have a fever), contact us immediately even at night. If necessary, we will contact a doctor for consultation.
- For daily health management, take your temperature with a thermometer and measure oxygen saturation with a pulse oximeter three times a day, in the morning, noon and evening.
In addition, nurses will call each room on a regular basis to hear about your physical condition.
- Some facilities play music such as radio calisthenics at fixed times.
Besides that, please exercise regularly by yourself and try to manage your health.
- The office staff will take care of anything other than health matters. As a general rule, reception hours are from 7 a.m. to 9 p.m., but emergency response is available anytime.
- We basically serve the same meals (three meals a day) to all those recovering from COVID-19 in the facility. Therefore, please eat them according to your condition. (Please dispose of leftover food by yourself to prevent food poisoning.) We have water in PET bottles available to drink. You can bring in food and drink when you enter the facility. However, you are **not allowed to bring in alcohol**. In addition, you are not allowed to bring in cans and bottles.
- Breakfast will be placed in front of each room around 08:00, lunch, around 12:00 – 12:30, and dinner, around 18:00.
- Garbage such as food containers and PET bottles will be collected on a regular basis. Linens will be collected all together when you are

discharged from the facility.

○Wi-Fi is available in the facility, and you can use it freely.

*In Enakyo Grand Hotel it may not be accessible depending on the location.

○There's no washing machine in the room. Please wash your clothes in the bathroom by yourself.

○**Smoking is prohibited in the facility.** Smoking using non-fire equipment such as smokeless cigarettes and electronic cigarettes is also prohibited.

○We distribute wristbands for identification in an emergency. Please wear it while you are staying in the facility.

○ Please do not post about your time in the facility on social networking sites.

○**The windows cannot be opened or closed,** but please be assured that **the entire building is ventilated by air conditioning.**

4. Precautions in Daily Life

- **For safe recovery, please follow the instructions of members of staff during your stay.**
- Other people are also recovering in the facility. Therefore, please do not commit acts that interfere with their stay. For example, do not make noise.
- There are basically no costs involved in using the facility. However, we may bill you the repair costs if you break equipment in the facility.
- Please do not bring in things that may damage the facility (e.g., edged tools and other dangerous items, firearms, bats, and golf clubs).
- Please use your own mobile phone to contact people outside the facility (the telephone in the room cannot be used for outside calls).
- **Drinking alcohol and smoking during your stay is prohibited** for health reasons,.
- **You can receive supplies of provisions from your family and friends. However, you cannot accept supplies of provisions directly. Please use a courier delivery service.**
- The package that delivered to the facility will be kept at the front desk and will be handed over to you when serving meals. Please note that we won't be able to hand it over at any time, so please be careful when specifying the delivery time to the company or contacting your family.
- You may use online shopping, but cash on delivery is not possible.
In addition, we cannot receive food/drink delivery and refrigerated or frozen packages, arrange return goods nor handle other problems, so please be aware of this before using.

5. Discharge from the Facility

○Discharge Criteria

(1) For those who have symptoms:

When 10 days have passed since the date on which your symptoms started and when 72 hours have passed since your symptoms alleviated*¹

(2) For those who are asymptomatic with pathogens:

When 7 days have passed since the date on which your sample was collected*²

*¹: This refers to when your fever has alleviated without using fever medicine and when your respiratory symptoms are improving.

*²: This refers to the date on which the sample relating to your positive COVID-19 test was collected.

○You will be discharged on the day when you meet the discharge criteria.

○When leaving the facility, please **return home by one of the following methods.**

*Please do not return home on foot.

The office staff will ask how you return home about 3 days before you discharge from the facility, so please decide it by then.

(1) Be picked up by family, etc.

The pick-up time will be specified by the staff office.

*If it is inconvenient for you, please let us know.

(2) Using an accommodation facility's bus

- Departure time: at 14:00 every day

*Hotel Koyo Bekkan: at 10:30 every day

*APA Hotel: at 10:00 every day

- Fare: free

- Destination: major stations in the Gifu and Chuno area

*Route Inn: Ogaki Station

*Route Inn Minokamo: Mino Ota Station

*Park Hotel Kani: Kani Station (JR) / Shin-Kani Station (Meitetsu)

*Route Inn Toki: Tokishi Station

*Enakyo Grand Hotel: Ena Station

*Wing International Hida Takayama: Takayama Station

- Note: The destination may be limited depending on the number of passengers. If it is shared with other passengers, it may be a long ride.

○Please pay attention to your health for 4 weeks after you were discharged.
If you have any concerns, please contact the health center at your address.

6. Contact Info for Inquiries

If you have any questions or concerns before coming to the facility, please contact below.

- Staff Office (Hotel Koyo Honkan/ Bekkan, APA Hotel, Route Inn Gifu Hashima Eki-mae/ Ogaki Inter/ Gifu Kencho-mae, Wing International Hida Takayama)
080-4941-4286 (Transfer Team)
- Staff Office (Route Inn Minokamo)
080-7173-9760 (Transfer Team)
- Staff Office (Park Hote Kani)
080-7969-1496 (Transfer Team)
- Staff Office (Route Inn Toki)
080-7174-3652 (Transfer Team)
- Staff Office (Enakyo Grand Hotel)
080-7174-0376 (Transfer Team)

***In the future, some contents may be changed due to coordination with the facility. We would appreciate your understanding.**