

## How to Spend Your Time after Being Diagnosed with COVID-19

For those who were diagnosed with COVID-19 on or after May 8, 2023, **the period for refraining from going out based on the law is no longer required, and it is up to the individual to decide whether or not to refrain from going out.**

### **① Approximate period of time to refrain from going out**

Please refer to the following when receiving the treatment due to a possibility of transmitting the virus to others around you.

- It is said that the persons infected with COVID-19 **will spread the infectious virus from 2 days before the onset of the symptoms to 7 to 10 days after the symptoms.**
  - The risk of infecting others is particularly high during the first 5 days after the onset of symptoms, therefore, it is recommended **to refrain from going out for 5 days starting from day 0 of the onset of symptoms\***. If the symptoms persist on the fifth day, it is also recommended that the patients **refrain from going out until 24 hours have passed after the fever has decreased and symptoms, such as sore throat, have lessened.**
- \* Even if you have no choice but to go out during this period, make sure that you have no symptoms and wear a mask.
- Until 10 days have passed since the onset of symptoms, please refrain from contact with people who are at high risk of becoming seriously ill, such as the elderly.

### **② How to spend your time at the place of treatment**

#### **Points to note at the place of treatment**

1. Separate rooms for infected persons from others.
2. Limit caregivers for infected persons.
3. Wear a mask when in contact with infected persons.
4. Wash hands.
5. Ventilate frequently during the day.
6. Disinfect common areas such as door handles, knobs, etc.



### **③ Regarding travel companions**

- There are no restrictions on the activities of travel companions. However, please pay attention to your own health condition during the first five days of the trip, with the day of onset of COVID-19 symptoms considered as day 0. You may develop the symptoms up to day 7.
- During this period, in addition to basic infection prevention measures such as hand hygiene by washing, and ventilation, make sure to wear a mask and avoid contact with people who are at high risk of becoming seriously ill. If symptoms are observed, please refer to the above **① Approximate period of time to refrain from going out.**

## Consultation Service for COVID-19

If your condition worsens or you need to consult about your symptoms, please first contact the medical institution where you were diagnosed.

If you are unable to contact them, please contact the following office. We can provide you with information on medical institutions that provide treatment for COVID-19 and consultation on general symptoms.

### ■ On weekdays 9:00 ~ 17:00

#### Health Center Consultation Service

Name	Telephone No.	Your Area of Residence
Gifu Region Public Health Center	058-380-3004	Hashima City, Kakamigahara City, Yamagata City, Mizuho City, Motosu City, Ginan Town, Kasamatsu Town, Kitagata Town
Seino Region Public Health Center	0584-73-1111 (Ext. 472)	Ogaki City, Kaizu City, Yoro Town, Tarui Town, Sekigahara Town, Godo Town, Wanouchi Town, Anpachi Town, Ibigawa Town, Ono Town, Ikeda Town
Seki Region Public Health Center	0575-33-4011 (Ext. 378)	Seki City, Mino City, Gujo City
Kamo Region Public Health Center	0574-25-3111 (Ext. 288)	Minokamo City, Kani City, Sakahogi Town, Tomika Town, Kawabe Town, Hichiso Town, Yaotsu Town, Shirakawa Town, Higashishirakawa Village, Mitake Town
Tono Region Public Health Center	0572-23-1111 (Ext. 384)	Tajimi City, Mizunami City, Toki City
Ena Region Public Health Center	0573-26-1111 (Ext. 231)	Ena City, Nakatsugawa City
Hida Region Public Health Center	0577-33-1111 (Ext. 309)	Takayama City, Hida City, Gero City, Shirakawa Village
Gifu City Public Health Center	058-252-0393	Gifu City

### ■ Available 24 hours a day (including Saturdays, Sundays, and national holidays)

General Health Consultation Service  
(Consultation for medical examinations, sudden changes in health condition, etc.)

058-272-8860

## Aftereffects of COVID-19

After infection with COVID-19, some symptoms may linger on as aftereffects even though the main symptoms have disappeared. In such cases, please contact the above-mentioned public health center consultation service or general health consultation service.