



COVID-19 infection

# For convalescents at home



**February 15, 2020**

For those who are diagnosed as “asymptomatic/mildly symptomatic” by a doctor and do not require hospitalization, the general rule is for you to be placed in convalescence at an accommodation facility. However, in some cases, such as when the number of people in convalescence increases rapidly due to the spread of COVID-19, at-home convalescence may be necessary. To ensure a safe and peaceful stay at home, we have summarized the precautions, etc. for at-home convalescence.

We ask for the cooperation of each and every citizen of the Prefecture so that we can respond immediately to any change in physical condition and to rein in COVID-19 as soon as possible.

## Consultation services for you

The healthcare office in your area: \_\_\_\_\_ Healthcare Office

◆ Phone number: \_\_\_\_\_ (Night-time) \_\_\_\_\_

◆ Address: \_\_\_\_\_



## The rough schedule of at-home convalescence

Medical institution consultation



Wait at home and prepare for convalescence



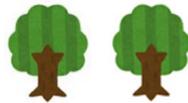
Notification of test results (notification of the convalescence location)



Start of convalescence



End of convalescence



【From your healthcare office】

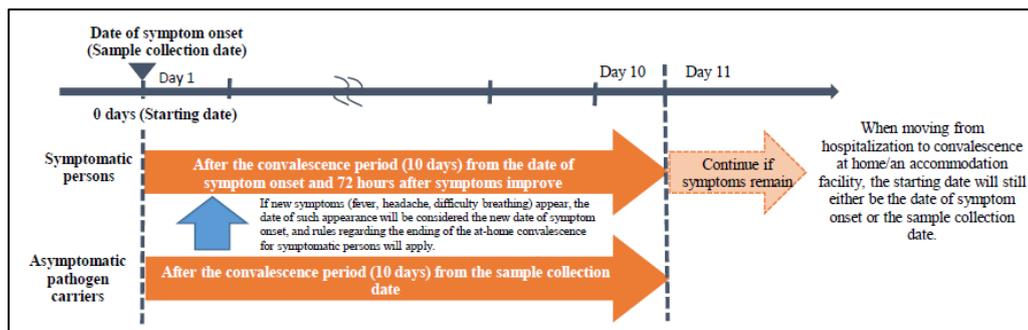
- ☆ A convalescence guide will be provided.
- ☆ A pulse oximeter (an instrument that measures oxygen saturation in the blood by attaching it to a fingertip) will be lent to you.
- ☆ Your preferences for food/grocery distribution will be confirmed



## Regarding the period of convalescence

Based on the notice issued by the Ministry of Health, Labour and Welfare, the period of convalescence is until after 10 days (day 11) from the date of symptom onset (for asymptomatic carriers or those whose date of symptom onset is unknown, the sample collection date which resulted in the positive test result).

However, if you have had symptoms such as coughing or fever during the last three days, your period of convalescence may be extended.



At least for four weeks after the convalescence period is over, take care of your physical condition. If you feel any change in your physical condition, please contact your healthcare office immediately.

## Preparation for at-home convalescence



### Preparation for a convalescence environment

- Please separate your living space (a private room, as a general rule) so as to minimize contact with your cohabitants.
- Please prepare sanitary products necessary for disinfection of common spaces such as toilets, bathrooms, etc. shared with your cohabitants.



### Preparation of medicines

If you have medications you are currently taking, be prepared so that you don't run out of them during at-home convalescence. If you are likely to run out, call your doctor for a follow-up consultation over the phone, etc., and ask for a prescription.



### Food and daily necessities

- As a general rule, please procure and set aside food and daily necessities yourself.
- If this is not feasible, the Prefecture will provide a grocery package. There is no fee. If you would like one, please contact the healthcare office in your jurisdiction (\* For details, please refer to the following page)
- If you use delivery services, please devise a receiving method so as not to come into direct contact with the delivery person (such as leaving the package in front of the door)

(Examples of delivery services)

AEON online supermarket AEON At Home <https://shop.aeon.com/netsuper/>  
SEIYU online supermarket <https://www.seiyu.co.jp/online-store/>



## Regarding daily living assistance

- We will provide a grocery package with one week's supply upon request.
- The healthcare office will confirm your request.
- The healthcare office will contact you regarding the method of delivery.



### Typical grocery package



#### [Contents (example)]

- Cooked rice pack
- Soups
- Pasta noodles and sauce
- Vegetable juice
- Ready-made curry
- Canned side dishes (meat, fish)
- Canned fruit
- Other

The groceries will be delivered in a cardboard box.



## What to do/not do during convalescence

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- You may not leave your home during the convalescence period.
- Stay in a room separate from cohabiting family members (stay in your own room, etc.).
- Wear a mask when leaving your room, and wash your hands and ventilate your room on a regular basis.
- Drinking and smoking during convalescence are strictly prohibited. This is because engaging in such activities may make it difficult for you to accurately grasp your health condition or aggravate the symptoms.
- Place used tissues, masks, etc. in a plastic bag, and seal it before throwing it away.
- Do not share tableware or bedsheets with your family.
- If you have cohabiting family members, be the last one to take a bath.
- In the event of a disaster or risk of a disaster, the healthcare office may contact persons in at-home convalescence in order to explain that evacuation is necessary, or provide details of relocation to an evacuation site.



## What cohabiting family members should/should not do

Minimize contact when caring for the convalescent, and appoint one person as the caregiver.

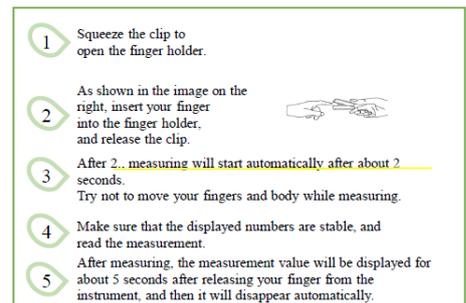
- All cohabitants should wear masks and wash their hands frequently.
- Disinfect with alcohol everything that the convalescent touches with his/her hands such as door knobs.
- When sharing toilets, baths, etc., sufficiently clean and ventilate such spaces.
- Prepare tableware, bedsheets, etc. for the convalescent, and do not share them. Wash dishes, clothes and linen with regular detergents and dry them thoroughly.
- Wear gloves and a mask when handling clothes, bedsheets, etc. soiled with the bodily fluids of the convalescent.
- Carefully seal garbage in a bag and dispose of it as general garbage. Upon disposing garbage, take measures to prevent infection by wearing a mask and gloves, washing your hands afterwards, etc.
- Turn away non-urgent visitors as much as possible.
- If fever or other symptoms appear, immediately contact the healthcare office in your jurisdiction, and follow the instructions of the healthcare office. Visit a medical institution if necessary



## Regarding the healthcare routine

- Each day, measure your temperature twice a day (morning and evening)  
Check your health condition and measure your oxygen saturation level three times a day (morning, midday, evening)  
Please keep records (use the health observation record table on the following page)
- If you have a smart phone, please enter the information in the health management app (HER-SYS)  
The healthcare office will contact you regarding input methods and other details.
- A pulse oximeter (an instrument that measures oxygen saturation in the blood by attaching it to a fingertip) will be lent to you.  
When the convalescence period is over, please be sure to return it to the healthcare office.

【Rental number: \_\_\_\_\_】



- The healthcare office will check your health status every day.  
Please let us know about your physical condition.
- Aside from the healthcare office checks, if your symptoms change or you feel even slightly anxious about your physical condition, please consult your healthcare office.
- We will arrange online medical examinations by doctors and outpatient consultations.
- If you visit a medical institution during the convalescence period, there will be no copay for medical expenses related to the COVID-19 infection.
- If you experience any of the following urgent symptoms, please contact your healthcare office immediately as urgent action is required.

### Symptoms of high urgency

[Expression/appearance]

- Coloring is obviously off(\*)
- Lips are purple
- Unusual behavior, acting in a peculiar manner(\*)

[Breathing difficulties, etc.]



- Labored breathing (increased breathing rate)
- Sudden feeling of breathlessness
- Small movements in your daily life makes it hard to breathe
- Chest pains
- Cannot lie down. Cannot breathe unless sitting down.
- Shoulders move up and down while breathing
- Sudden (within 2 hours) wheezing

[Impaired consciousness, etc.]

- Feeling hazy (weak reactions)(\*)
- Feeling groggy (not responding)(\*)
- Pulse skipping, the rhythm feels disturbed

(\*) When family members, etc. observe and confirm the symptom

(From *Notes on the Implementation of At-home Convalescence for Persons with Mild COVID-19 Infections, etc.* (4th Edition))

# Health observation record table

★ Date of symptom onset: \_\_\_\_\_(yyyy)/\_\_(mm)/\_\_(dd)

★ Health observation period: (mm)/\_\_(dd) to (mm)/\_\_(dd)

Number of days of convalescence Month/Day		Temperature	Oxygen saturation level	Physical condition memo (coughing, sore throat, physical heaviness, difficulty breathing, altered sense of taste, altered sense of smell, etc.)
Start date /	Morning			
	Midday			
	Evening			
Day 1 /	Morning			
	Midday			
	Evening			
Day 2 /	Morning			
	Midday			
	Evening			
Day 3 /	Morning			
	Midday			
	Evening			
Day 4 /	Morning			
	Midday			
	Evening			
Day 5 /	Morning			
	Midday			
	Evening			
Day 6 /	Morning			
	Midday			
	Evening			

Number of days of convalescence Month/Day		Temperature	Oxygen saturation level	Physical condition memo (coughing, sore throat, physical heaviness, difficulty breathing, altered sense of taste, altered sense of smell, etc.)
Day 7 /	Morning			
	Midday			
	Evening			
Day 8 /	Morning			
	Midday			
	Evening			
Day 9 /	Morning			
	Midday			
	Evening			
Day 10 /	Morning			
	Midday			
	Evening			
Day 11 /	Morning			
	Midday			
	Evening			
Day 12 /	Morning			
	Midday			
	Evening			
Day 13 /	Morning			
	Midday			
	Evening			

## After the convalescence period is over

Thank you for your cooperation during your long convalescence period.

Now, you can return to work and your normal daily life. However, we have found that in rare cases, some people become positive again, so for four weeks after the end of the convalescence period, please cooperate with us further with the following.



### 《Please thoroughly implement hygiene measures》

- Wash your hands using soap or alcohol disinfectants.
- Adhere to proper coughing etiquette (use a mask, tissue, handkerchief, or sleeve, or the inside of your elbow, etc. to cover your mouth and nose).

### 《Please check your health status》

- Measure your temperature daily to check for fever (37.5°C or higher).

### 《If you have any symptoms such as coughing or fever, please contact your healthcare office》

- Please contact your healthcare office immediately, follow their instructions, and if necessary, visit a medical institution.
- When contacting a healthcare office or visiting a medical institution, please let us know in advance that you had been placed in convalescence for COVID-19 infection.

Notes

## List of consultation services

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**【List of healthcare offices】** Health consultations, questions and other inquiries regarding what to do during the convalescence period

Your city	Names of healthcare office	Telephone number
Saikai City, Togitsu Town, Nagayo Town	Seihi Healthcare Office	095-856-5059
Isahaya City, Omura City, Higashisonogi Town, Kawatana Town, Hasami Town	Ken'ou Healthcare Office	0957-26-3306
Shimabara City, Unzen City, Minamishimabara City	Kennan Healthcare Office	0957-62-3289
Hirado City, Matsuura City, Saza Town	Kenhoku Healthcare Office	0950-57-3933
Goto City	Goto Healthcare Office	0959-72-3125
Shinkamigoto Town, Ojika Town	Kamigoto Healthcare Office	0959-42-1121
Iki City	Iki Healthcare Office	0920-47-0260
Tsushima City	Tsushima Healthcare Office	0920-52-0166
Nagasaki City	Nagasaki City Healthcare Office	095-801-1712
Sasebo City	Sasebo City Healthcare Office	0956-25-9809

### 【Mental health consultation services】

Mental health consultation (Professional consultants)	<b>095-846-5115</b>	Monday to Friday from 9:00 to 17:45 (Excluding national holidays and year-end/New Year holidays)
Mental health line (Consultation centered on "listening to your worries")	<b>095-847-7867</b>	Monday to Friday from 9:00 to 12:00 13:00 to 15:15 (Excluding national holidays and year-end/New Year holidays)
Consultation line for convalescents at home (When the infection is widespread)	The healthcare office will provide this information.	

### 【Consultation services for pregnant women】

<Nagasaki City> Nagasaki City Comprehensive Support Center for the Child-Rearing Generation	<b>095-829-1255</b>	Monday to Friday from 8:45 to 17:30 (Excluding national holidays and year-end/New Year holidays)
<Sasebo City> Comprehensive Support Center for the Child-Rearing Generation	Mamanchi Sasebo <b>0956-25-9778</b>	Monday to Friday from 8:30 to 17:15 (Excluding national holidays and year-end/New Year holidays)
<Other cities and towns> Nagasaki Prefectural Government Children and Families Division	<b>095-895-2445</b>	Monday to Friday from 9:00 to 17:45 (Excluding national holidays and year-end/New Year holidays)

※ For other consultations, please refer to the Prefectural website - Regarding COVID-19 infections - Consultation services (Japanese only)