



COVID-19 infection
For convalescents at home



September 7, 2022

We have summarized the precautions for home convalescence, so that you can safely recover at home with peace of mind.

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.

Consultation services for you

The healthcare office in your area: _____ Healthcare Office

◆ Phone number: _____ (Night-time) _____

◆ Address: _____



Convalescence Period

Based on the notice issued by the Ministry of Health, Labour and Welfare, the period of convalescence is as below:

If Symptomatic

- ◆ If 7 days have passed since the onset of symptoms, and 24 hours have passed since the symptoms subsided, then the period of convalescence can end on the 8th day.

However, until the 10 days have passed, we ask that you monitor your own health by measuring your body temperature, refraining from visiting high-risk individuals such as the elderly, refraining from visiting high-risk venues unless necessary, and making sure to follow preventative measures such as wearing a mask.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Date of onset of symptoms September 1st	Convalescence				Symptoms subsided September 6th	Convalescence		End of convalescence	Self monitoring health condition by measuring body temperature etc.	



24 hours

If Asymptomatic

- ◆ If 7 days have passed since the sample collection date, the period of convalescence can finish on the 8th day.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Specimen Collection Date September 1st	Convalescence							End of convalescence September 9 th

- ◆ Additionally, if a negative test result is obtained from the test kit on the 5th day, then the period of convalescence can end after the 5th day (on day 6).

However, until the 7 days have passed, we ask that you monitor your own health by measuring your body temperature, refraining from visiting high-risk individuals such as the elderly, refraining from visiting high-risk venues unless necessary, and making sure to follow preventative measures such as wearing a mask.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Specimen Collection Date September 1st	Convalescence				Negative test result from test kit	End of convalescence September 7th	Self monitoring health condition by measuring body temperature etc.

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://sm.rakuten.co.jp/>



Regarding daily living assistance

- Those who are unable to procure food by themselves (i.e. unable to order food delivery and do not have family or friends to receive support from etc.) may apply for a food kit (contents cannot be specified).
- If you require assistance, please inform us when you have your health check. For those who have not had a health check at a healthcare office, and live in Nagasaki City or Sasebo City, please visit your local healthcare office. For those living in other cities or towns, please contact the Nagasaki Prefectural Healthcare Office.
- Your individual circumstances will be assessed to determine if you will be eligible to receive the food kit. Therefore, it is possible that we may not be able to fulfil your request.
- The method of delivery will be via a delivery company to your place of residence.



Typical food 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.



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

《For those at risk of developing serious illness》

~ 65 years of age or older, or have chronic illness ~

- Measure your body temperature twice daily (morning and evening). Monitor your health condition and measure your oxygen saturation level three times a day (morning, midday, evening)
Please record all of this data (use the health observation record table on the following page)
- If you have a smart phone, please enter your data in the health management app (My HER-SYS)
The healthcare office will contact you with instructions for data input and other details.
- A pulse oximeter will be scheduled to arrive at your residence two days after you receive a positive test result. Measure your oxygen saturation level by placing your finger in the pulseoximeter. When your convalescence period is over, please return the pulse oximeter to the healthcare office.
- The healthcare office will check your health condition every day.
(For those without any problems, the healthcare office will check the data you entered in the My HER-SYS app instead of calling you)
- In addition to the healthcare office checks, if your symptoms change or you have concerns about your physical condition, please consult your healthcare office.
If necessary, we will arrange online medical examinations with a doctor 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.

[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))

If you are at low risk of developing serious illness and do not have any symptoms, or you have a mild illness, you will not be contacted by the healthcare office. However, if your condition worsens, or you wish to borrow a pulse oximeter, please contact your local healthcare office if you live in Nagasaki City or Sasebo City, or the Nagasaki Prefectural Healthcare Office if you live elsewhere.

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			

Regarding evacuating in the event of a disaster



Natural disasters such as heavy rain and typhoons can strike at any time.

We ask that you go over your evacuation plan in advance so that you can safely evacuate in the event of a disaster occurring during your convalescence period. In order to prevent the spread of COVID-19 in the community, your evacuation site will be an accommodation and treatment facility prepared by the prefecture.

《Preparation During Normal Times》

- Please find out if your place of residence (site of convalescence) is located within a hazard area on the hazard map. If you are unsure, please contact the department in charge of your city or town.
- Prepare an emergency kit (masks, disinfectant, wet wipes, medicine, water, food, sanitary products, etc.) Additionally, please prepare at least a three day supply (ideally a one week supply) of food and necessary products.
- If you have difficulty moving yourself or a family member, and require assistance with transportation when evacuating, please consult with your local public healthcare office in advance.

《When an Evacuation Alert is Issued by the City or Town》

- If you need to evacuate, please contact your local public healthcare office. The public healthcare office will confirm the means of transportation and provide specific information about the evacuation site, etc.
- Please note that your evacuation site will be different to the evacuation site for those you are living with. However, in the case of a COVID-19 infected child, a parent or guardian in close contact may accompany the child to the evacuation site.
- If you need to evacuate immediately, and evacuate to an evacuation site set up by your city or town, please notify them that you are undergoing home quarantine for the new variant of COVID-19.

《Personal Information》

We may provide information to the disaster prevention department in your city or town if you wish to evacuate and have given consent.



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, Nagayo Town, Togitsu 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)	095-846-5115	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")	095-847-7867	Monday to Friday from 9:00 to 12:00 13:00 to 15:15 (Excluding national holidays and year-end/New Year holidays)

【Consultation services for pregnant women】

<Nagasaki City> Nagasaki City Comprehensive Support Center for the Child-Rearing Generation	095-829-1255	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 0956-25-9778	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	095-895-2445	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)