

Testing Positive for COVID-19 and Self-Isolation

You will generally not be contacted by the Health Centre after testing positive for COVID-19. During self-isolation, you must stay at home and not make any outdoor excursions. Please read the following regarding self-isolation.

◆ **Quarantining:**

- A new case counting rule that limits the types of patients with COVID-19 to be registered has been implemented since September 26 as a uniform measure across the nation. Among those diagnosed with COVID-19, the following should be registered to HER-SYS, the state-run database:

Patients aged 65 and older

Patients who need hospitalization

Patients at risk of developing serious symptoms and who need medication or oxygen

Pregnant women

- Regardless of whether or not you are registered, you are asked to stay home during your quarantining period. Please follow the instructions of your doctor. You can also find more information on our website.
- You may not go outside while quarantining. You will not be contacted by the health centre while quarantining, so if you have any queries regarding your condition, contact the call center (0120-368-567).
- If you feel your life is in danger (e.g. extreme fever/difficulty breathing), call an ambulance (119).

◆ Quarantining Period:

- Your self-isolation period starts with the day your symptoms appear as day 0, and lasts 7 days. On day 8, you are free to leave self-isolation. **If you are a registered patient** and you develop a fever (over 37.5°C) or severe respiratory symptoms from day 7 onwards, your self-isolation period will be extended. Contact the call centre (0120-368-567) about extensions.
- If you have no symptoms, take the day you tested positive as day 0. If you remain asymptomatic as of day 5 and you test negative, you are free to leave self-isolation on day 6. However, if you start to show symptoms on any day, you must take the day you start showing symptoms as day 0 and self-isolation for 7 days. **If you are a registered patient** and develop symptoms during your quarantining period, contact the call centre (0120-368-567) about extensions.
- You do not need to take a test for COVID-19 at the end of your self-isolation period. Many people test positive even after recovering while they are not infectious to others.

◆ Leaving Home During Isolation Period

- If you have no symptoms or if your symptoms improves and you are symptom-free for over 24 hours, you can make as few necessary trips as possible with infection prevention practices including wearing masks. Please note that you can not take any public transportation.

◆ **Close Contacts:**

- Generally, all those living with the infected are close contacts. Co-workers, schoolmates, family members who

do not live together etc. are not considered close contacts.

- Close contacts should live apart from the infected and should avoid contact during the self-isolation period.
- With last contact with the infected person as day 0, you should spend 5 days apart. If you cannot live apart, wear masks and ventilate the areas you must share. If there is no worsening in your physical condition, you can dispose of garbage, go grocery shopping at off-peak times and make as few necessary trips as possible.
- If your physical condition worsens within 5 days of contact, consult your GP or the doctor who diagnosed COVID-19 for your family member who tested positive..

◆ **Using MY HER-SYS, Proof of Quarantine (Self-Isolation):**

<Patients with high risk for severe COVID-19 (Patients to be registered)>

- You will receive a call from the Health Centre on the day you are diagnosed with COVID-19. If you need a proof of quarantine, please let us know. It will be sent via postal mail about 1-2 months after the last day of your quarantining period.
- Your MY HER-SYS access URL and ID will be sent via text within 3 days of reporting your infection. MY HER-SYS is a tool to log your health condition every day. Sign up is not obligatory; if you are unable to access it, it is not necessary to use it.
- The MY HER-SYS page can be used for those who require proof of quarantine. For those who are unable to use MY HER-SYS, you can apply to have physical proof of quarantine posted to you. Further details are available on the Hamamatsu City website.
 - ◇ https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00295.html
 - ◇ <https://www.mhlw.go.jp/content/10900000/000934331.pdf>
 - ◇ <https://logoform.jp/form/Savd/76381>

<Patients who fall outside the above category (Patients NOT to be registered)>

- You will NOT receive any proof/certificate either online or paper-based.

◆ **Provision of Food:**

- Due to the high number of applications for the provision of food, stock is running low. If you require provisions and fulfil the following requirements, you are eligible to receive food.
 1. Your family members are close contacts, and thus can't go shopping for you.
 2. You don't have any family, relatives or friends to bring you food/provisions.
 3. You are unable to buy your own food online.

◆ **Accommodation (Hotels) for Quarantining:**

- Due to the high volume of infected people, hotel self-isolation accommodation is almost at capacity. It is available for those who fulfil the following requirements:
 1. A person you live with is at high risk of infection (*i.e. is aged 75 and over, has a chronic illness: cancer, lung disease, cardiovascular illness, kidney disease (especially under dialysis treatment) etc.*) and it is difficult to self-isolate at home.

2. You are 18-74 years old with minimal - no symptoms, and can live alone at a hotel following the rules.
3. You have no food allergies/intolerances.

◆ **Other:**

- Call Centre Phone Number: 0120-368-567 (available for 24 hours for health and medical consultation/
available 9:00-17:00 for other consultations)
- Hamamatsu City COVID-19 Infections Website:
 - ✧ <https://www.city.hamamatsu.shizuoka.jp/seiei/kansenshou/covid19kanjanoukou.html>