

Ver. 2.4

# Information for people who tested positive for COVID- 19

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Mie Prefecture

# I Medical Treatment and Infection Control

## (1) Preventing the spread of infection

In order to control the spread of infection, do not leave your home. Although it may be inconvenient, please procure your daily necessities using delivery services. When using a delivery service, use an option that does not require you to come in contact with the delivery person (eg. leaving the delivery at your door).

We are counting on the combined efforts of everyone to prevent the spread of infection.

### ○ Going outside

Target	Directions
<b>Person who has COVID-19</b>	In order to prevent the spread of infection, do not leave your house. If living with others, stay in your own private room unless absolutely necessary.
<b>Family and cohabitants</b>	Do not go outside unless you have need to for necessities or urgent business. Wear a mask when you are outside.
<b>Visitors</b>	Do not visit the residence of the person who has COVID-19 unless you have urgent business.

## ( 2 ) Health status reports

Directions	
①	<p>Measure your body temperature three times a day. Perform your daily self-checkup, and fill out the "Health Management Form".</p> <p>※The health center will call you to to check on your status using the "Health Management Form".</p>
②	Drinking alcohol and smoking is strictly prohibited.
③	<p>If your symptoms (fever, cough, sputum, malaise, etc.) worsen, contact the health center immediately.</p> <p><u>In particular, if you have a fever or difficulty breathing, or if you have any of the following "urgent symptoms", immediately contact the public health center or the night consultation desk (listed on page 7).</u></p>
④	If you live with your family or others, please monitor their health every day and contact the health center immediately if anyone develops symptoms.

### Urgent symptoms

Facial appearance	<p>Obviously pale complexion (※)</p> <p>Purple lips (※)</p> <p>Unusual or unhealthy appearance (※)</p>
Difficulty breathing	<p>Out of breath (breathing rate increased)</p> <p>Sudden difficulty breathing</p> <p>Shortness of breath from doing daily activities.</p> <p>Chest pain</p> <p>Can't lie down or can't breathe unless sitting down</p> <p>Shallow or chest breathing</p>
Disorientation or confusion	<p>Slow or vague response to stimulation (※)</p> <p>No response to stimulation (※)</p> <p>Heart skipping beats or irregular pulse</p>

(※) Requires confirmation by a cohabitant

- **Call 119 in case of emergency. At the beginning of the call, please tell us your name and that you have COVID-19 and are isolating at home.**

### ( 3 ) Cleaning

Directions	
	<b>Wash linen and clothes with regular laundry detergent and let them dry thoroughly. (Try to wash and dry at the upper temperature limit as indicated on the washing label.)</b>

### ( 4 ) Garbage disposal

Directions	
①	When throwing away garbage such as masks and used tissues, (1) do not touch the garbage directly, (2) tightly seal the garbage bag before it becomes too full, and (3) be sure to wash your hands after throwing out the garbage.
②	Double-bag the garbage bag.
③	If you live with others, have them bring the trash to the garbage collection site for you.
④	If you are living alone and must dispose of the garbage yourself, be sure to wash and sanitize your hands before touching the outside of the garbage bag or doorknob, and wear a mask when throwing out garbage.

## ( 5 ) Living with others (Preventing household transmission)

### ○ Living spaces

	<b>Directions</b>
①	Please arrange a private room for you to use exclusively.
②	If such a room cannot be arranged, everyone in the home should always wear a mask and keep the house well ventilated.
③	Remain in your private room and limit your activity as much as possible.
④	Arrange to have a bathroom and toilet for you to use exclusively if possible. If the bathroom and toilet must be shared, make sure to thoroughly clean and ventilate them. Also, be sure to wear a mask when entering shared spaces.
⑤	Use alcohol disinfectant to sanitize any surfaces you touch, such as the bathroom doorknob.
⑥	Make sure to be the last to enter the bath when sharing the bathwater.
⑦	When using the living room, members of the household should wear a mask, and disinfect their hands with soap and running water or with an alcohol-based hand sanitizer when entering and exiting the room.
⑧	Do not share linen (such as sheets and towels), tableware, toothbrushes, and other personal items with those living with you. Be especially careful not to share hand towels or bath towels.

## ○ Preventing household transmission to the caregiver

	<b>Directions</b>
①	If someone in the household will be providing home care for you, a single person should be designated as the sole caregiver. The caregiver should wear a mask and maintain a distance of at least 1m from you. The caregiver should be a healthy person with no underlying illnesses.
②	To prevent infection, the caregiver should use disposable items such as masks, gloves, plastic aprons, or gowns when coming in contact with bodily fluids.
③	The caregiver should disinfect surfaces that you use such as night stands, tables, and doorknobs using an alcohol-based sanitizer at least once a day.
④	The caregiver should wash their hands with soap and running water after providing care.
⑤	The caregiver should be careful not to touch their eyes, mouth, or the outside of their mask.

## II Health Consultations

8:30-17:15

Contact	Area of Jurisdiction	Phone Number
Kuwana Health Center	Kuwana City, Inabe City, Kisosaki Town, Toin Town, Komono Town, Asahi Town, Kawagoe Town	Weekdays: 0594-24-3625 Weekends & Holidays: 0594-24-3671 (Mie Prefecture Kuwana Government Building Guard Room)
Yokkaichi City Health Center	Yokkaichi City	0 5 9 — 3 5 4 — 8 4 0 6
Suzuka Health Center	Suzuka City, Kameyama City	0 5 9 — 3 8 2 — 8 6 7 2
Tsu Health Center	Tsu City	0 5 9 — 2 2 3 — 5 1 8 4
Matsusaka Health Center	Matsusaka City, Taki Town, Meiwa Town, Odai Town	0 5 9 8 — 5 0 — 0 5 3 1
Ise Health Center	Ise City, Toba City, Shima City, Tamaki Town, Minamiise Town, Watarai Town, Taiki Town	0 5 9 6 — 2 7 — 5 2 1 6
Iga Health Center	Iga City, Nabari City	0 5 9 5 — 2 4 — 8 0 4 5
Owase Health Center	Owase City, Kihoku Town	0 5 9 7 — 2 3 — 3 4 5 4
Kumano Health Center	Kumano City, Mihama Town, Kiho Town	0 5 9 7 — 8 9 — 6 1 1 5

From 17:15 to 8:30 the next day

Contact	Phone Number
Night Consultation Desk	059-224-2644

## Mental Health Telephone Consultation

If you have concerns about being unable to sleep, anxiety, irritability, or other issues, you can consult a specialist at the Mie Mental Health Center.

Consultation time

**Monday-Friday 9:00 to 16:00** (Excluding public holidays)

Phone number

**0 5 9 – 2 5 3 – 7 8 2 1**

- ※You may indicate that you have tested positive for COVID-19 so that we can provide a more appropriate consultation, but it is not required.
- ※The consultation service is free, but the caller is responsible for any phone charges.

# 【NOTES】