

COVID-19 - Q&A regarding Recovery Period

From May 8, 2023 (reclassification to Class 5 infectious diseases), COVID-19 patients **are not required by law to refrain from going out.** It is up to the individual to decide whether to refrain from going out.

Q How much is the risk of infecting COVID-19 to others?

- A**
- ✓ Generally, infected persons are said to start shedding the virus 2 days before they develop symptoms and continue shedding the virus 7 to 10 days after they develop symptoms. (Patients are said to shed small amounts of virus even after recovery.)
 - ✓ The average shedding of infectious virus is very high during the first 3 days after the onset of symptoms and decreases significantly 5 days after symptom onset.
 - ✓ Note that the risk of infecting others is particularly high during the first 5 days after the onset of symptoms.

Q When infected with COVID-19, how long should I refrain from going out?

- A** Recommended length of refraining from going out are as follows.

Recommended length of refraining from going out

Since the risk of infecting others is especially high during the first 5 days after the onset of symptoms, people should refrain from going out for 5 days (*1), starting from the day of symptom onset as day 0 (*2). It is recommended to refrain from going out until 24 hours has passed after the fever subsides and the symptoms, such as phlegm and sore throat, improve. If symptoms are severe, please consult a physician.

(*1) If you are inevitable to go out during this period, make sure you are symptom-free and wear a mask.
(*2) In asymptomatic cases, the date of test is regarded as day 0.

In School

Suspension period is 5 days after the onset of symptoms, plus 1 day after recovery. (Standards for suspension period based on the School Health and Safety Act)

※Same period is also used as guidance for attendance by nursery schools.



Consideration for people around you

Until 10 days have passed, there is a possibility of shedding the virus, so please be considerate not to infect the others by wearing a non-woven mask and avoiding contact with high-risk individuals, such as the elderly. If symptoms such as coughing or sneezing persist for more than 10 days after the onset of symptoms, please be sure to wear a mask.

※ When symptoms such as coughing and sneezing persist even after 10 days after the onset of symptoms, wear a mask and perform cough etiquette.

※ For toddlers and infants, mask is not recommended under 2-year-old, and mask is not required for kids above 2 years old.

※For medical institutions and elderly care facilities, etc., please refer to the information above when considering work restrictions on staffs infected with COVID-19.

(For elderly care facilities, please be considerate of many elderly people, who have a risk of serious illness, are living inside the facilities.)

When the infection is spreading significantly, stronger request may be made temporarily.

