

# Eight-point list of precautions to take at home

If a member of your family is suspected of the novel Coronavirus infection, we ask that you follow these points.

(Partially modified the summary provided by Japanese Society for Infection Prevention and Control)

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## Segregate rooms

- ◆ **The infected person should be placed in a own room.** Avoid sharing one room with the infected person when eating and sleeping.
  - Even if you cannot separate the infected person's room/living space with other rooms due to the needs of child care or the space capacity, keep a distance of at least 2 meters from the infected person. Also use partitions and curtains, etc.
  - If there is a case to sleep in the same room, sleep with both heads staggered.
- ◆ **The infected person should avoid going to other rooms/living space.**
  - Minimize his/her use of shared space such as toilet, bathroom, etc..

## Limit persons responsible for caring for infected patients as much as possible

- ◆ People with disease in heart, lung, or kidney, people with diabetes or reduced immunity, pregnant women, etc. should avoid taking care of the infected person.

## Wear a facial mask

- ◆ **The used mask should be immediately thrown away** without taking it to another room.
- ◆ Do not touch surface of used mask. Remove it by pinching off the rubber or string.
- ◆ After removing your mask, always wash your hands with soap. (Alcohol disinfectant is also effective)

※If your mask gets dirty, immediately use a new, clean, dry mask.

※If you don't have a mask, cover your mouth and nose with tissue, etc. when coughing or sneezing.

## Wash your hands often

- ◆ **Each family member should frequently wash their hands with soap and disinfect with alcohol.** Do not touch your eyes, nose, mouth, etc. before washing your hands.

## Ventilate the room

- ◆ **Regularly ventilate rooms.** Keep open windows as well as the rooms where other family members are.

## Disinfect shared surface that touched by hand

- ◆ **Wipe the share parts** (the door handles, knobs, and bed fences ) **with Diluted household chlorine bleach**, then wipe them with water.
  - The virus survives for a while on objects.
  - Confirm that the main component of household chlorine bleach is hypochlorite, then adjust its concentration to 0.05%.(if the concentration of the product is 6%, add 25ml of the liquid to 3 liters of water)
- ◆ **Clean toilets and bathrooms frequently. Use a common type of household detergent, and after rinsing, disinfect well with a household disinfectant.**
  - Towels, clothing, tableware, chopsticks, spoons, etc., should be washed as usual.
  - No need to wash separately any clothes the infected person used.
- ◆ **Do not share the one before cleaning.**
  - In particular, make sure towels are not shared in toilets, washrooms, kitchens, etc.

## Wash dirty line and clothes

- ◆ **Use gloves and masks when touching clothes and linen contaminated with bodily fluids. Also wash them by a laundry machine with a common type of household detergent and dry them completely.**
  - Virus may be detected in feces.

## Dispose of garbage in a sealed bag

- ◆ **Put used paper tissue in a plastic bag, then seal them when you take them out of the room.** After that, wash your hands immediately.

- The infected person should avoid going out.
- Family members and those living together should monitor your own health by measuring fever, etc. and avoid unnecessary and urgent outgoing. Do not go to office, etc. especially if you have symptoms such as coughing or fever.