

■ Close contact with someone with COVID-19

Q1. What is “Close Contact”?

A1. A “Close contact” can be described as someone who has been contact with a patient who has tested positive for COVID 19 (via PCR testing, etc.), under any of the following conditions.
The period under concern starts 2 days before the collection of the specimen (if the patient who tested positive asymptomatic) or the onset of symptoms (if symptomatic), until the end of isolation.

- A Co-habitant
- A person who had long term contact with patient
 - Aircraft: Those sitting within 2 rows of the patient (International) or within 2 meters (Domestic)
- A person who has examined, nursed or cared for the patient without appropriate protective equipment
- Those who have been in direct contact with contaminants such as airway secretions or bodily fluids
- A person who has been in contact with the patient for more than 15 minutes without necessary infection prevention measures (such as a face mask) within arms length (approx. 1 meter)

However, please note that these are general conditions. The public health center will make a comprehensive judgment regarding one’s status as a “Close Contact” depending on the severity of the situation in each region.

Q2. What should I do if I have contacted someone who is a “Close Contact” ?

A2. You are not subject to any restrictions at the moment. However, you will be informed and will be subject to restrictions if the “close contact” also tests positive. Please continue to follow preventative measures as there is a higher chance that you may have also been infected by COVID-19.

■ Self-isolation at home

Q3. Where to contact during self-isolation at home?

A3. Call customer service at your local call center or contact the consultation desk of your municipality.



【Local Call Centre】
<https://www.c19.mhlw.go.jp/>

Q4. What precautions should be taken in self-isolation at home?

A4. You are strongly recommended to prepare in advance for home-isolation, as you are not permitted to leave the house during this period.
Some local governments deliver a grocery package. When using delivery services, ask for your package to be left in front of your door so as not to come into direct contact with them.
Ensure that you have a functioning thermometer and an extra battery.

Q5. Is it safe to take antipyretic medication to treat symptoms?

A5. In most cases, it is safe to take antipyretic medication. Ask your doctor or pharmacist in the following cases:

- If you are taking other medication, pregnant, breastfeeding, or a senior citizen. There are also certain medications that you may not take while under treatment for conditions such as stomach and duodenal ulcers.
- Previous allergic reactions or asthma due to medication, etc.
- Severe and/or long lasting symptoms including but not limited to severe pain and high fever.

Q6. What if I run out of medication?

A6. The response will depend on your municipality. Some deliver medication through online services. You may have it delivered to a cohabitant, or ask for your package to be left in front of your door.

Q7. How dose the pulse oximeter work?

A7. If the SpO2 (blood oxygen saturation) level is clocked below 93% by the pulse oximeter, consult the local public health center or family doctor immediately. The device may not provide an accurate measurement if your hands are cold, swollen, or if you use nail polish. There may also be a slight variation in measurements depending on the product.



Photo by the Japanese respiratory society

Q8. What to do with my used pulse oximeter?

A8. Please return the used pulse oximeter to the municipality that sent it to you, while following their instructions.

Q9. What is the definition of “severe illness”?

A9. Severe illness : Hospitalisation in the ICU(intensive care unit) using a ventilator + under critical condition.

- Moderate illness : Pneumonia and shortness of breath.
- Moderate illness II : Requiring oxygen supply.
- Moderate illness I : Those who do not require a supply of oxygen.
- Minor : People who can breathe on their own, including those breathing with difficulty.

SpO2 levels below 93% should be reported to your physician immediately, even if you don't notice any symptoms.

Q10. I have a constant “wet cough” (coughing with phlegm). How can I alleviate these symptoms?

A10. Try lying on your stomach. When you lie down on your back for a long time, phlegm will easily accumulate in your lungs. Switching positions will improve the level of circulation while expanding your lungs, and consequently help to displace phlegm.

Q11. My municipality asked me to monitor my own health during self-isolation.

A12. Health observations tools/apps differ by municipality. If you use “My HER-SYS”, you need to register via a URL sent via text (SMS) from the local public health cent. Complete the sign up and input your health observations via smartphone or laptop.

Note: You may receive a text message before contact from a public health center.



【My HER-SYS User's guide】

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00295.html

■ Ending isolation ▪ Self-quarantine

Q13. How can I end isolation? (Requirements as follows)

A13. 【If Symptomatic】 1) 10 whole days after the first sign of symptoms and 2) 72 hours free of any symptoms or 2 consecutive negative results on a COVID-19 test taken at least 24 hours apart, after being free of symptoms.

【Asymptomatic】 7 whole days after the day the positive specimen was collected.

【If Symptoms appear after a negative result】 The patient may end isolation 10 days after the onset of symptoms.

Q14. How long family member should be quarantined?

A14. A family member of the patient is considered a close contact as per 【A1】. If you have been considered a “close contact”, please stay home and quarantine for 7 days after patient develops symptoms. However, if you test negative on an antigen test taken either on Day 4 or Day 5, you may terminate your period of isolation after Day 5. Even after the period is over, “close contacts” are encouraged to monitor their health, and avoid social gatherings until they have recovered.

Under both cases, please observe the following guidelines while isolating:

- 1) stay away from your housemates,
- 2) wash your hands,
- 3) wear a well-fitting mask,
- 4) sanitize places you might have touched,
- 5) and dispose waste according to 【A1】.

【If your family member is infected with COVID-19】

<https://www.mhlw.go.jp/content/household.pdf>



Q15. How to dispose of household garbage of an infected person ?

A15. Contaminated items include tissue paper and face masks used by the person who tested positive. Be careful not to come in contact with such items and keep them contained in an air-tight bag. Wash your hands thoroughly with soap after disposal.

【How to dispose of household garbage】

https://www.env.go.jp/recycle/waste/sp_con/tr/infection/coronakoho.html



【English】

【Chinese】

【やさしい日本語】

Q16. Should I get vaccinated even if I've had COVID-19?

A16. You should still be vaccinated even if you have previously tested positive. Emerging evidence shows that taking the COVID-19 vaccine after your recovery from COVID-19 infection can boost your immune system. On the other hand, side effects might appear more prevalently after vaccination, compared to those with no history of infection. Once again, please note that you can be vaccinated once you have recovered from COVID-19, regardless of your treatment or the length of time since the infection.

As of 01 Dec 2021, eligible persons in Japan can book a third dose.

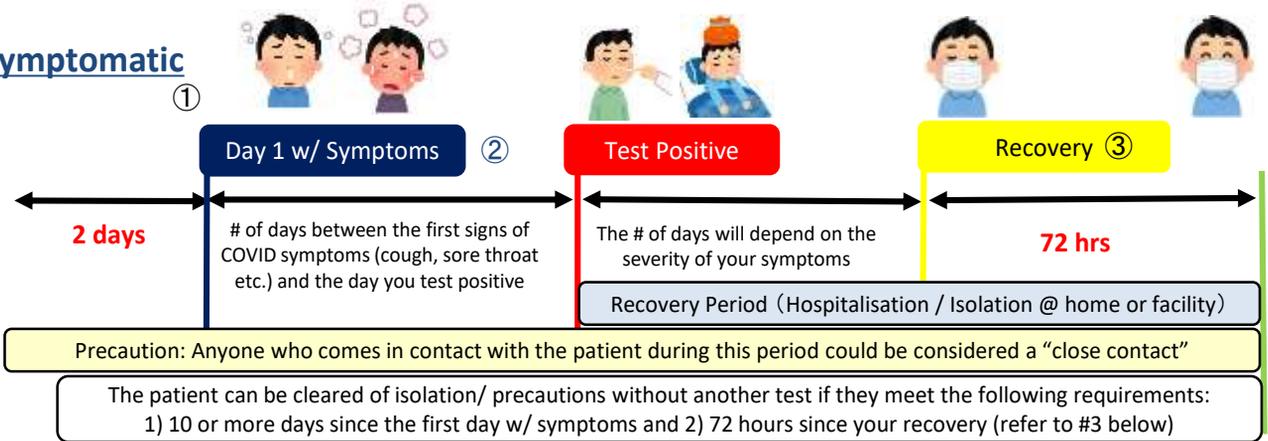


【COVID-19 vaccines Q&A】

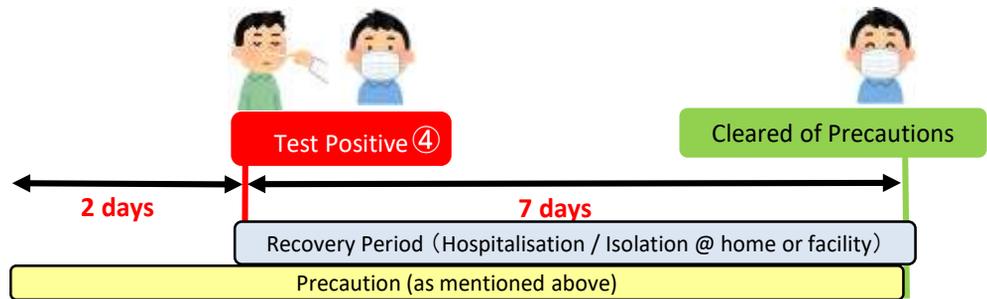
<https://www.mhlw.go.jp/stf/covid-19/qa.html>

Ending isolation - Self-quarantine in the case that you tested positive

If Symptomatic



If Asymptomatic



Notes:

- ① This does not apply to patients treated with a ventilator.
- ② If this day cannot be specified, this will be substituted by the day the positive specimen was obtained.
- ③ A "Recovery" can be defined as 1) the absence of a fever without the use of an antipyretic and 2) a noticeable improvement in respiratory status.
- ④ The day the positive specimen was obtained for the test.