

COVID-19

At-Home Recovery Manual

This manual is for those who have tested positive for COVID-19, but are experiencing no symptoms or mild symptoms.

1 Request for at-home recovery

Even if you have no symptoms, there is a chance of spreading the disease through contact with others. Please stay at home and recover. Precautions are also necessary to avoid infecting others who live together with you.

2 Recovery period

The recovery period is 10 full days following contraction of the disease. For those who have no symptoms and those who are not sure when they contracted the disease, it will be 10 days from the day AFTER you took a PCR test, i.e. until the 11th day. Those who have symptoms must wait until 72 hours after their symptoms subside, but the absolute minimum period is 10 full days.

3 Preparations for at-home recovery

《Preparing your home》

- If you live together with others, please remain in a separate room to minimize contact.
- Please prepare supplies to disinfect shared spaces such as toilets and bathing areas.

《Preparing medication》

- Secure at least 3 weeks worth of any current medications, and discuss with your doctor to be sure that you do not run out during your stay at home.

《Regarding food and daily necessities》

- If you plan to use delivery services for food and daily items, please ensure that you do not make direct contact with the delivery person. (i.e. have them leave the package at your door, etc.)

《Regarding delivery services》

- Toyohashi is offering a meal delivery service for those doing at-home recovery. (Please see section 6)

4 At-home recovery procedures

- Do not leave your home during the recovery period.
- Do a self health assessment each day.
- Check and record your body temperature twice a day, morning and evening.
- You will receive a call from the health center once a day to ask about things like body temperature, coughing, runny nose, fatigue, difficulty breathing, etc. Please report accurately.
- If there are any changes in your symptoms, please call the health center immediately.

5 Other important points

- Please air out your room regularly.
- Do not have any unessential visitors.
- Please clean anything touched by the patient at least once per day.
- For garbage accumulated during your recovery period, please seal it tightly and dispose of it as normal garbage.
- As it can make it difficult to accurately evaluate your condition, and may make symptoms worse, smoking and drinking alcohol are strictly prohibited during the recovery period.

6 Meal delivery service

To make the at-home recovery process easier to complete properly, we are offering a meal delivery service. (Free of charge)

- We will delivery 3 meals per day until your recovery period is over.
- Menus are based on age, etc. as well as nutrient balance.
- Deliveries will be left in front of your door to avoid contact between the delivery person and the infected individual. All delivery equipment, containers, etc. are single-use and disposable.
- Hygienic practices during food preparation, transportation, purchasing are all based on the Food Sanitation Act and other related laws, and all possible measures are being taken to prevent food poisoning.

7 Completion of your recovery period

You will be told when your estimated final day is at the beginning of your recovery period. If your symptoms have subsided sufficiently, We will contact you after 10 days to end your recovery period. Based on the evidence from the latest research, if you are not experiencing a cough or fever for the final 3 days of your recovery period, you will not receive a PCR test in the end. (This is acknowledged in the Health and Labor Ministry's notice as well.)

8 Following the completion of your recovery

In rare cases, some patients test positive multiple times. In order to avoid testing positive again, and infecting those around you, please practice the following for 4 weeks after your recovery period.

《Please practice thorough hygiene》

- Wash your hands with soap or disinfect with alcohol regularly.
- Practice proper coughing etiquette (cough into a mask, tissue, handkerchief, shirt sleeve, the inside of your elbow, etc. and be sure to wear a mask)

《Monitoring your health》

- Please check your body temperature every day and confirm that you do not have a fever (37.5°C or above)

《If you get any symptoms such as a fever, cough, etc.》

- Contact your nearest health center immediately, follow any instructions given, and get examined by a doctor if necessary.
- When you talk to the health center/doctor, be sure to inform them that you have previously contracted COVID-19 and underwent at-home recovery.

9 For those living together with the patient

- Avoid contact with the patient as much as possible.
- Wash hands frequently.
- Ensure that everyone in the home wears masks.
- Disinfect things touched by the patient, such as doorknobs, etc. with alcohol.
- If any symptoms appear, such as a fever, please call the nearest health center immediately, follow any instructions given, and get examined by a doctor if necessary.
- Do not share eating utensils, bath towels, etc. with the patient. Clean utensils using regular soap, and clothes using regular detergent, and dry thoroughly.
- Please wear gloves and a mask when cleaning anything that has come into contact with the patient's bodily fluids, such as clothing, sheets, etc.
- If possible, toilets, bathing spaces, etc. should not be shared, but if they must be, please clean them well and air them out, and have the patient be the last to use them.
- Please do not have any unnecessary guests in your home, and be careful not to come into contact with delivery people, etc.

Consultations for those recovering at home

Health consultations, questions about recovery, etc.

Hours 9:00 ~ 17:00

Toyohashi Health Center

Health Policy Division Infectious Disease Prevention Group

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