

# 1. How to recover at home

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Patients who are judged by physicians to have mild illness, etc. and to be capable of resting and taking care of themselves at home are requested to recover at home with minimal physical contact with other people for a certain period.

## Precautions when recovering at home

- Choose a room exclusively for the patient. If there is no such room, everyone in the same room must wear a mask (e.g., surgical mask), and the room must be well ventilated.
- Minimize the area of activity of the patient. Anyone who comes into contact with the patient must ensure distancing (at least 1 m).
- When a person who lives with the patient needs to enter the patient's room, the person must wear a surgical mask, etc. and wash their hands with running water and soap or clean their hands using an alcohol-based handrub.
- If possible, designate a sink and toilet exclusively for the patient. If it is necessary to use the same sink and toilet, disinfect them and ensure ventilation.
- Separately handle items used by the patient, including linens (e.g., towels, sheets), tableware, and toothbrushes.
- Use disposable tableware for meals. Designate a person who brings meals to the patient. Make arrangements to avoid direct contact (e.g., place a meal tray outside the room and collect the tray later).
- The patient must be the last person to take a bath in the family.
- Do not accept nonessential and non-urgent visitors from outside.
- Make sure to divide the living space if the family members who live with the patient include an elderly person, medical professional, etc.

## **Ventilation method in summer**

Ventilation in summer without air conditioning could cause heatstroke. Keep windows on two sides of a room open while keeping an air conditioner turned on. Maintain the room temperature at 28°C or less and humidity at 70% or less.

If there is a window on only one side of a room, open a door or high window.

If the windows cannot be fully opened, use an air purifier in addition to the ventilation provided by opening windows.

## **Ventilation method in winter**

Ventilation in winter may adversely affect health due to a drop in room temperature and humidity.

To minimize changes in room temperature caused by ventilation by opening windows, it is preferable to keep an appropriate temperature and humidity in the room (temperature: 18°C or more, humidity: 40% or more) by using a heater while allowing in outside air by constantly keeping a window on one side slightly open.

Two-step ventilation (i.e., allowing outside air into an unused room and opening the door leading to the unused room to let in slightly warmed-up air) is also effective.

A drop in room temperature can be prevented by installing a heater near an open window.