

4. If you are in poor physical condition

If you have symptoms matching those listed in the table below, or if symptoms such as fever, headache, fatigue, and coughing deteriorate, **immediately contact the Aichi Prefectural Health Follow-up Center (your local health center or the information desk for examination and consultation at night and holidays) (refer to p.19).**

Symptoms requiring urgent medical attention (Items marked with * are judged by family members, etc.)

Expression/appearance	<input type="checkbox"/> The patient obviously has a poor complexion.* <input type="checkbox"/> The lips are purple. <input type="checkbox"/> The patient appears to be different from usual or seems strange.*
Shortness of breath, etc.	<input type="checkbox"/> My breathing has become rough. (The breathing rate has increased.) <input type="checkbox"/> I suddenly felt short of breath. <input type="checkbox"/> Slight activity in daily life makes me short of breath. <input type="checkbox"/> I have chest pain. <input type="checkbox"/> I cannot lie down. I have to sit to breathe. <input type="checkbox"/> I am breathing heavily. <input type="checkbox"/> I started to wheeze suddenly (e.g. within two hours).
Impaired consciousness, etc.	<input type="checkbox"/> The patient appears to be dazed (reaction is weak).* <input type="checkbox"/> The patient appears to be faint. (There is no response.)* <input type="checkbox"/> The pulse feels irregular and out of rhythm.

- If you do not have a family clinic, you will be referred to a medical institution that can offer treatment depending on your symptoms, etc.
- Some medical institutions offer telephone and online* medical consultation services.

* For details of online medical consultation services, refer to the website of the Ministry of Health, Labour and Welfare:
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/iryuu/rinsyo/index_00014.html (in Japanese)

