

Covid-19

Living Guidebook

for patients recovering at home

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Outline

This guidebook describes precautions and other important information during the home recovery period.

From September 26, 2022, the scope of individuals for whom an “infection report” is issued by a medical institution and submitted to a health center is limited to those who fall under Category 4.

Scope of individuals for whom an infection report is issued (Category 4)

- 1) Individuals aged 65 or older
- 2) Individuals who need hospitalization
- 3) Individuals who are at risk of serious illness from Covid-19 and need a prescription for medicine for treating Covid-19 or who are at risk of serious illness and need a prescription for oxygen
- 4) Pregnant women

In Aichi Prefecture (except for ordinance-designated cities and core cities), a short message (using the Short Messaging Service [SMS]) will be sent to **individuals for whom an infection report is issued** to provide information. Such individuals may also be contacted by a health center, separately from the short message, for health observation, etc.

Individuals other than those for whom an infection report is issued will not receive a short message or be contacted by a health center. However, they can receive information and services by signing up for the “Aichi Prefectural Health Follow-up Center” (refer to p.4).

Covid-19 patients, whether they have been issued with an “infection report” or not, may experience sudden deterioration of their health condition. **Observe your own health (refer to p.5)**. If your health condition changes suddenly, contact an information desk for examination and consultation (refer to p.19) immediately. If you need medical attention urgently, you may call an ambulance but make sure to inform the operator that you are infected with Covid-19.

If you have any questions about living during the home recovery period, contact your local health center (refer to p.19).

1. How to recover at home

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

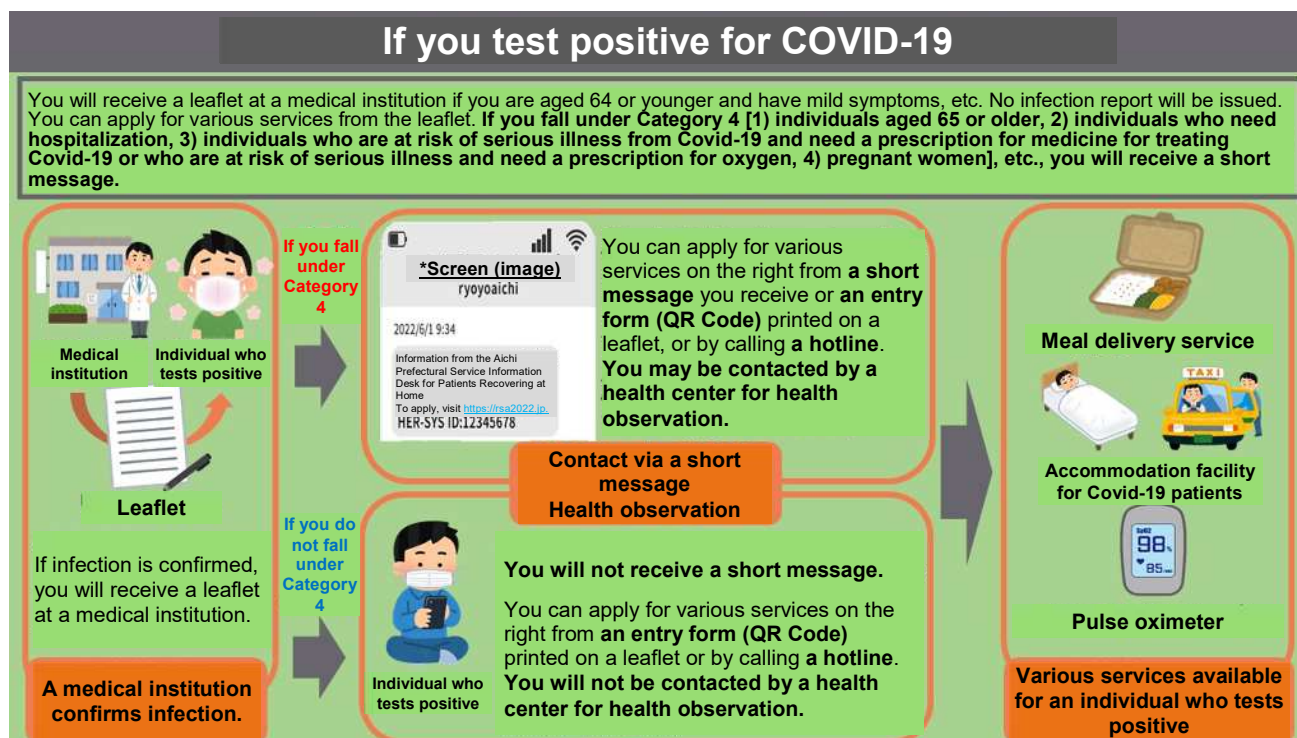
Ventilation in winter may adversely affect health due to a drop in room temperature and humidity.

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.

2. Aichi Prefectural Health Follow-up Center (service information desk for patients recovering at home)



- A short message titled “ryoyoaiichi” will be sent to “individuals for whom an infection report is issued” (refer to p.1) to provide information. The Aichi Prefectural Health Follow-up Center (service information desk for patients recovering at home) will be accessible from the short message or a leaflet you receive at a medical institution. Such individuals may also be contacted by a health center, separately from the short message, for health observation, etc.
- “Individuals other than those for whom an infection report is issued” will not receive a short message or be contacted by a health center. However, the Aichi Prefectural Health Follow-up Center (service information desk for patients recovering at home) will be accessible from a leaflet which they receive at a medical institution where they receive an examination.

Aichi Prefectural Health Follow-up Center (service information desk for patients recovering at home): <https://rsa2022.jp/> (in Japanese)

3. Health observation

Covid-19 patients may experience sudden deterioration of their health condition during recovery at home. Thus, please keep observing your own health (self-check).

- Measure your body temperature and oxygen saturation*, etc. every day and keep a record to check for changes in physical condition.
- Persons who live with the patient are among those in close contact with infected individuals and must check their health condition every day.
- Use a health observation sheet (refer to p.20).

Regarding the method of checking your health condition, make arrangements with your local health center and report your physical condition on a daily basis by any of the methods described on the following pages.

* If you fail to report, the personnel of the health center may visit you to check your safety.

* Oxygen saturation: An index which indicates whether the lungs are functioning normally and sufficient oxygen is being supplied in the blood. The Aichi Prefectural Health Follow-up Center will lend you a device for measuring oxygen saturation (pulse oximeter). Return the device in the return envelope after the end of the home recovery period.



Pulse oximeter
(reference normal
value: 95% or more)

(1) Individuals for whom an infection report is issued

○ Health observation using My HER-SYS (enter information on your smartphone)

- 1) Scan the QR Code or enter the URL in your smartphone.
- 2) The initial login requires a HER-SYS ID (eight digits) indicated in a short message sent to the smartphone of a patient.

3) **Enter your health condition at least once a day.**

If you need a consultation due to worsening symptoms, etc., contact the information desk for examination and consultation by telephone (Do not enter information in “Other matters to be reported to the health center” on My HER-SYS).

(<https://www.cov19.mhlw.go.jp/>)

(in Japanese)



Users Guide for My HER-SYS (for patients):

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

○ Health observation by making health calls

If you cannot respond to automated calls in the daytime, you can dial an exclusive number at your convenience to report your health condition.

Users guide for health calls: <https://www.mhlw.go.jp/content/10900000/000970972.pdf> (in Japanese)

○ Health observation through calls

If you cannot use My HER-SYS, your local health center will call you to check your health (the time cannot be specified). Make sure to answer the phone. Report your physical condition (body temperature, symptoms, such as coughing and nasal mucus, and pulse oximeter value).

(Reference) Recovery certificate on My HER-SYS (only individuals for whom an infection report is issued)

A patient can display a recovery certificate by logging in to My HER-SYS and clicking/tapping “Display a recovery certificate (療養証明書を表示する).”

If you finish the recovery period in seven days, a recovery certificate can be obtained on My HER-SYS.

Information leaflet about recovery certificate on My HER-SYS

<https://www.mhlw.go.jp/content/10900000/000934331.pdf> (in Japanese)

(2) Individuals other than those for whom an infection report is issued

- Conduct health observation by using a health observation sheet (refer to p.20).
- If your physical condition deteriorates, consult the Aichi Prefectural Health Follow-up Center (information desk for examination and consultation in the area where you live: refer to p.19).
- If you call an ambulance, make sure to inform the operator that you are a Covid-19 patient.

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)



5. Recovery period

[If you have symptoms]

- Termination of the recovery period requires **the passage of seven days from the day you develop symptoms (Day 0: the day you develop symptoms)** and **24 hours after symptoms subside**. Check your health condition by taking your temperature, etc. and make sure to voluntarily take action to prevent infection until the passage of 10 days. (The condition “symptoms subside” refers to a situation where the fever goes down without taking an antifebrile and respiratory symptoms are improving.)
- For individuals in elderly care facilities, the recovery period can be terminated after the passage of 10 days from the day on which you develop symptoms (Day 0: the day on which you develop symptoms) and 72 hours after symptoms subside.

[If you do not have any symptoms]

- Termination of the recovery period requires **the passage of seven days from the date on which a specimen is collected (Day 0: the day on which a specimen is collected)**.
- Even if you do not have any symptoms at first but develop symptoms later, termination of the recovery period requires the passage of seven days from the day on which you develop symptoms and 24 hours after symptoms subside.
- If you test negative using a qualitative antigen test kit on the fifth day, the recovery period can be terminated on the following day. In this case, check your health condition (e.g., taking temperature) until the passage of seven days. (The qualitative antigen test kit must be arranged by the patient; ensure the kit is approved by the Minister of Health, Labour and Welfare.)

[Avoiding going out]

- Individuals who do not have any symptoms or who had symptoms but 24 hours have passed after symptoms subsided may make the minimum necessary outings (e.g., buying food, etc.) while voluntarily taking action to prevent infection, such as avoiding the use of public transportation and making sure to wear a mask when coming into contact with other persons.

6. How to dispose of waste

If you do not properly dispose of waste (in particular, tissue paper, masks, etc. contaminated with nasal mucus and saliva), it may spread Covid-19 infection.

Take precautions when disposing of waste to protect your family members as well as municipality staff and waste disposal operators, who handle your waste, from infection.

Observe the rules of your local government when disposing of waste. Littering must be avoided.

How to dispose of tissue paper, masks, etc. at home

- Do not touch waste directly.
- Securely tie and seal dustbin bags.
- Wash hands after disposing of waste.

[Reference] How to dispose of waste to avoid infection

How to dispose of masks, etc. at home for Covid-19 and other infectious diseases

If a family member is or may be infected with Covid-19 or other infectious diseases, follow the steps described in “**How to dispose of waste**” below when disposing of waste, such as masks and tissue paper contaminated with nasal mucus, etc. Always observe the rules: “**Do not touch waste directly,**” “**Securely tie and seal dustbin bags,**” and “**Wash hands after disposing of waste.**”

How to dispose of waste

1) Put a dustbin bag in a dustbin. Tie and seal the dustbin bag, as shown in 2), before it becomes full.



2) Securely tie the bag to prevent direct contact with waste (e.g., masks).



3) After disposing of waste, wash hands thoroughly with running water using soap.



* If waste comes into contact with the outside surface of the dustbin bag, place the dustbin bag in another dustbin bag.

- Following the steps in “How to dispose of waste” is an effective measure against infectious diseases, such as Covid-19 and influenza, for your family as well as municipality staff and waste disposal operators who handle your waste.
- When disposing of waste, follow the rules of your local government. Littering must be avoided. When disposing of used masks and other contaminated waste, refer to “How to dispose of waste” and make sure to observe the rules: “Do not touch waste directly,” “Securely tie and seal dustbin bags,” and “Wash hands after disposing of waste.”



Ministry of the
Environment



Official website of the
Ministry of the Environment

7. Disinfection method, etc.

Let's reduce the amount of virus to prevent infection.

Covid-19 infection occurs when droplets containing the virus or hands and fingers contaminated with the virus come into contact with mucous membranes of the mouth, nose, eyes, etc.

Thus, it is important to ensure distancing and wear a mask when talking to avoid inhaling droplets and to wash away the virus on the hands and fingers. Disinfection of items used by the patient will reduce the amount of virus that contaminates the hands and fingers.

Various products on the market are advertised for their disinfection and sanitization efficacy. Choose correct products suitable for the purpose and use them properly.

When purchasing a disinfectant or sanitizer, check the usage, active ingredients, concentration, use-by date, etc. Do not use the product if information is insufficient.

[Reference] Choose a correct product suitable for the purpose.

Measures against Covid-19

For products advertised for their disinfection and sanitization efficacy, choose a correct product suitable for the purpose.

➤ Check points

Usage

Active ingredient

Concentration

Use-by date

*When purchasing a product, make sure to check these four points.

1) Antiviral measures for hands and fingers

Make sure to wash hands frequently.

The virus can be completely removed by **washing hands carefully using soap and hand soap**. It is not necessary to use a disinfectant, etc. together.

2) Antiviral measures for objects

Chlorine bleach and some household detergents, etc. are effective for disinfecting frequently touched areas, such as tables and doorknobs.

For more information about chlorine bleach, etc., enter the URL or scan the code!
https://www.meti.go.jp/covid-19/pdf/0327_poster.pdf (in Japanese)

For more information about household detergents, etc., enter the URL or scan the code!
<https://www.meti.go.jp/press/2020/05/20200520009/20200520009-1.pdf> (in Japanese)

3) Antiviral measures for spaces

Ventilate the space regularly.

Note: It is not recommended to spray a disinfection or sanitization product in a space where there are other people.

[Reference] Measures against Covid-19: Keep your personal space clean.

Measures against Covid-19 Keep your personal space clean.

Wash hands carefully using soap or hand soap.



The virus can be completely removed by washing hands carefully. It is not necessary to use an alcohol-based sanitizer together.

Hand washing		Remaining virus
No hand washing		About 1 million particles
Rub hands together with soap or hand soap for 10 seconds, then rinse hands with running water for 15 seconds.	Once	About 0.01% (several hundred particles)
	Repeat twice	About 0.0001% (several particles)

(created based on the Journal of The Japanese Association for Infectious Diseases, 80: 496-500, 2006, Kohji Mori)

To disinfect items used in daily life, such as tableware, handrails, and doorknobs, it is more effective to use hot water, chlorine based bleach, and some detergents than alcohol.



Tableware, chopsticks, etc. can be disinfected by exposing them to hot water at 80°C for 10 minutes. Take precautions against burns.



You can disinfect the surface by wiping it with chlorine bleach diluted to a concentration of 0.05%. Haitei, alvejante, etc. Details for making chlorine bleach solution are indicated on the back of the package (e.g., Haitei, Bleach).

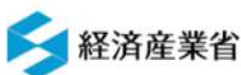
- * Chlorine bleach affects the human eyes and skin. Handle it with care.
- * Make sure to read the product warnings.
- * Metals may be corroded.



You can disinfect the surface by using a household detergent that contains an effective surface-active agent. A list of products is published on the NITE website.

NITE detergent list

[Click here.](#)



Reference

How to prepare sodium hypochlorite solution of 0.05% or more



[Warnings when using sodium hypochlorite solution]

- Ensure ventilation.
- Wear household gloves.
- Do not mix it with other chemicals.
- Read the instructions on the product package or website.

The table below shows examples of products whose main component is sodium hypochlorite. The concentration varies depending on the product. Dilute a product by referring to the table below.

Manufacturer (in Japanese syllabary order)	Product name	Example of preparation method
Kao	Haiter Kitchen Haiter	Dilute 25 mL of the product (measure a cap-full by using the cap that comes with the product)* in 1 L of water. * In general, sodium hypochlorite decomposes slowly, causing the concentration to decrease. Within three months from purchase, the reference volume is 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Kaneyo Soap	Kaneyo Bleach Kaneyo Kitchen Bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Mitsuei	Bleach Kitchen bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.

(Private brands)

Brand name (in Japanese syllabary order)	Nome do produto	Exemplo de como fazer
AEON Group (TOPVALU)	Kitchin-yo-hyohakuzai	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
SEIYU/SUNNY/ LIVIN (Kihonnoki)	Daidokoro-yo- hyohakuzai	Dilute 12 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Seven & i Holdings (Seven Premium Lifestyle)	Kitchen Bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.

* There are many other products whose main component is sodium hypochlorite. When using a product not shown in the table, read the instructions on the product package or website.

For the usage of detergents, scan the code. 

[Click here.](#)



8. Action to be taken in the event of a disaster

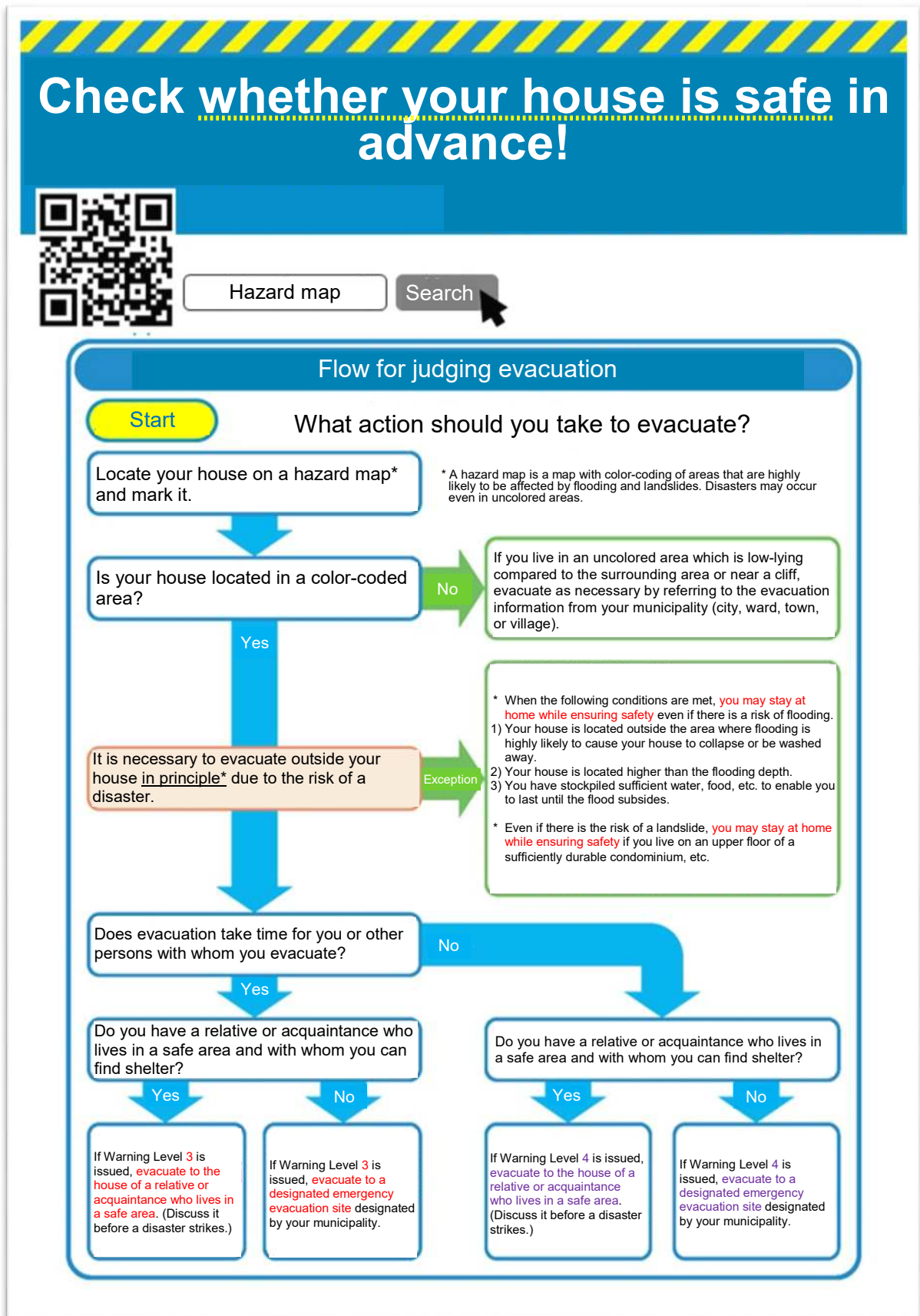
You may be required to ensure personal safety because of an evacuation advisory issued in the area where you live due to flooding or landslide caused by heavy rain, etc. or because houses could collapse due to a large earthquake.

Please make preparations to prevent the spread of infection while ensuring your personal safety.

Caution!

- Check the safety of your house on a hazard map. If your house is safe, make preparations so that you can stay at home safely.
- If you judge that it is difficult to ensure personal safety at home, consider evacuating to the house of a relative or acquaintance who lives in a safe area or using an accommodation facility for Covid-19 patients.
- If you must evacuate to a shelter, **make sure to inform** the personnel at the reception desk **that you are infected with Covid-19**.
- After you start to evacuate, you may find that your local shelter is not able to accept individuals infected with Covid-19. Before evacuating, ask the section in charge of disaster preparedness of your municipality by telephone, etc. to find out the location of a shelter that accepts individuals infected with Covid-19 and precautions to be taken when using such a shelter, etc.

[Reference] Flow for judging evacuation



9. Handling of personal information

Information released by the Aichi Prefectural Government

The following information about individuals who tested positive for Covid-19 is released. We do not release information about the place of residence, family structure, occupation, behavioral history, etc., nor do we respond to individual inquiries.

- **Total number of individuals who tested positive**
- **Number of individuals who tested positive by age bracket**
- **Number of individuals who tested positive in areas where respective medical institutions are located**

Information entered in HER-SYS

- The information is managed in HER-SYS, which is administered by the Japanese government (the Ministry of Health, Labour and Welfare). It is shared by personnel of prefectural governments, city/special ward governments, and the Ministry of Health, Labour and Welfare, who perform operations in accordance with the Infectious Disease Act, and relevant organizations (e.g., local medical associations), which undertake operations (e.g., observation of health condition) from prefectural governments and city/special ward governments, within the scope necessary to perform respective operations.
- The Japanese government (the Ministry of Health, Labour and Welfare) compiles and releases statistical data about Covid-19 infection cases, etc. by utilizing information accumulated in HER-SYS. It also uses the statistical data for research on Covid-19. (The statistical data shows the number of cases, etc. nationwide and by region; it does not include information that could identify individuals.)
- The information is not used for purposes other than operations related to measures against Covid-19, such as conducting operations in accordance with the Infectious Disease Act (including the above usage).

Provision of information to municipalities

When municipalities in Aichi Prefecture offer daily life support (e.g., food, daily necessities) to patients recovering at home, the Aichi Prefectural Government provides information about such patients, etc. (only individuals for whom an “infection report” is issued) to municipalities.

For details about daily life support, etc., contact your municipality.

10. List of health centers/information desks for examination and consultation in Aichi Prefecture

○ Open: 9:00 a.m. to 5:30 p.m. on weekdays

Name	Telephone number and email	Areas covered
Seto Health Center	0561-21-1699 seto-follow@pref.aichi.lg.jp	Seto City, Owariasahi City, Toyoake City, Nisshin City, Nagakute City, Togo Town
Kasugai Health Center	0568-31-2189 kasugai-follow@pref.aichi.lg.jp	Kasugai City, Komaki City
Konan Health Center	0587-55-1699 konan-follow@pref.aichi.lg.jp	Inuyama City, Konan City, Iwakura City, Oguchi Town, Fuso Town
Kiyosu Health Center	052-400-2499 kiyosu-follow@pref.aichi.lg.jp	Inazawa City, Kiyosu City, Kitanagoya City, Toyoyama Town
Tsushima Health Center	0567-24-6999 tsushima-follow@pref.aichi.lg.jp	Tsushima City, Aisai City, Yatomi City, Ama City, Oharu Town, Kanie Town, Tobishima Village
Handa Health Center	0569-21-3342 handa-follow@pref.aichi.lg.jp	Handa City, Agui Town, Higashiura Town, Minamichita Town, Mihama Town, Taketoyo Town
Chita Health Center	0562-32-1699 chita-follow@pref.aichi.lg.jp	Tokoname City, Tokai City, Obu City, Chita City
Kinuura Eastern Health Center	0566-22-1699 kinuura-follow@pref.aichi.lg.jp	Hekinan City, Kariya City, Anjo City, Chiryu City, Takahama City, Miyoshi City
Nishio Health Center	0563-54-1299 nishio-follow@pref.aichi.lg.jp	Nishio City, Kota Town
Shinshiro Health Center	0536-23-5999 shinshiro-follow@pref.aichi.lg.jp	Shinshiro City, Shitara Town, Toei Town, Toyone Village
Toyokawa Health Center	0533-86-3177 toyokawa-follow@pref.aichi.lg.jp	Toyokawa City, Gamagori City, Tahara City

○ Information desk for examination and consultation at night and on holidays

Nighttime on weekdays: 5:30 p.m. to 9:00 a.m. of the following day

Saturdays, Sundays, and national holidays: open 24 hours

Information desk for consultation at night and on holidays	052-526-5887
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* Residents in Nagoya City, Toyohashi City, Okazaki City, Ichinomiya City, and Toyota City are requested to contact the health center of their respective city.

11. Health observation sheet for individuals infected with Covid-19

HER-SYS ID:		Address:				TEL: - -		Email: @			
Name:		Start date of recovery at home (MM/DD/YYYY):									
	Start date of recovery at home	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY
Date and time of interview	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :	/ : / : / : / :
Body temperature	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
Oxygen saturation (pulse oximeter)	%	%	%	%	%	%	%	%	%	%	%
	%	%	%	%	%	%	%	%	%	%	%
[Expression/appearance] ★The patient obviously has a poor complexion. ★The lips are purple. ★The patient appears to be different from usual or seems strange.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Sputum/coughing] Coughing and sputum have been getting worse.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Shortness of breath] ★My breathing has become rough. (The breathing rate has increased.) ★I suddenly felt short of breath. ★Slight activity in daily life results in breathlessness. ★I have chest pain. ★I cannot lie down. I have to sit to breathe. ★I am breathing heavily/wheezing.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Body fatigue] It is painful to stay out of bed.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Nausea/vomiting] I have been vomiting/I have chronic nausea.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Diarrhea] I have diarrhea (three times or more a day).	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
[Impaired consciousness] ★The patient appears to be dazed (reaction is weak). ★The patient appears to be faint. (There is no response.) ★The pulse feels irregular and out of rhythm.	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone	No/Yes /Unknown because I live alone
Other	I cannot eat meals.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
	I have not urinated for half a day.	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes	No/Yes
	Other symptoms (nasal mucus/stuffy nose, sore throat, conjunctival hyperemia, headache, joint/muscle pain, convulsions, other noticeable symptoms)	(Specific symptoms)									
Symptoms											
Recommendation to receive an examination	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Remarks											

Health center: _____ Affiliation: _____ TEL: _____ FAX: _____

Covid-19 Living Guidebook

October 4, 2022

Medical System and Service Section

Infectious Diseases Division

Bureau of Infectious Diseases

Aichi Prefectural Government
