

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.