

Guidelines for Home Treatment (Please read)

In principle, patients who are positive for the novel coronavirus infection should be hospitalized or receive overnight treatment, but home treatment is also available based on the availability of hospital beds and overnight treatment facilities.

Please read this document carefully, as it describes precautions to be taken and things to be observed when a person who is positive for infection receives home treatment.

We ask for the cooperation of each and every citizen in order to bring the COVID-19 under control as soon as possible.

- Those who are eligible for home treatment
 - Among those who test positive, those who are diagnosed as "asymptomatic or mild symptoms", except for the elderly or those with underlying medical conditions, and who are judged by the public health center to be able to receive home treatment, are asked to receive home treatment.
 - ✧ Those who are able to rest at home
 - ✧ Those who can live without going out.
 - ✧ Those who are able to consult their health status using a smart phone or telephone
- Duration of home treatment
 - In accordance with the notice from the Ministry of Health, Labor and Welfare, the period of treatment is from the "day when the test is confirmed positive" to "the day when 10 days have passed since the onset of symptoms (for asymptomatic patients or those whose onset date is not clear, the date of specimen collection related to the confirmed positive test).
 - ※ If a patient who was asymptomatic at first develops symptoms such as a cough or fever during the treatment period, the treatment period is defined as the period from the date of onset of symptoms until the day when another 10 days have passed.
- The end of home treatment
 - When you start home treatment, the Public Health Office will inform you of the expected date of completion of treatment. If the symptoms are considered to be getting better, the Public Health Office will inform you of the termination of treatment after 10 days have passed from the date of onset of the infection (for asymptomatic patients or those whose onset date is not clear, the date of specimen collection for positive confirmation).

- However, if symptoms develop in the last three days of the recuperation period such as cough or fever, the recuperation period will be extended as necessary.
- Health observation during home treatment
 - Please take your temperature twice a day (morning and night) and monitor your physical condition.
 - Health observation will be conducted by entering data into the health monitoring tool or by telephone.
- Precautions during home treatment
 - Do not go out during home treatment to prevent the spread of infection throughout the city.
 - Wash your hands frequently.
 - Ventilate the room regularly.
 - Refrain from taking out the garbage while you are recovering at home.
 - When disposing of garbage at the end of home treatment, seal it tightly and dispose of it as general garbage. Also, dispose of used tissues, etc. in a tightly sealed bag.
 - Drinking alcohol and smoking are strictly prohibited during treatment, as they may make it difficult to accurately assess your health condition and may worsen your symptoms.
 - To prevent the spread of infection during home treatment, please refuse visits to your home regardless of whether you have a cough, fever, or other symptoms. If you have no choice but to receive a visit, avoid direct physical contact and limit communication to over the intercom or through the door.
 - The end of home treatment and work restrictions will be complete after the Public Health Office confirms your health condition. You do not need to submit proof to your workplace when you start working after your home treatment is lifted.
- Food and daily necessities
 - We will send a "home treatment set" (food that can be stored, such as retort food, and daily necessities, such as toilet paper) to those who wish to receive it only once when they start home treatment. In order to prevent infection to the delivery staff, we do not hand-deliver the items in person, but leave them at the front door.

We will ask your preference at the start of your home treatment, and delivery will be in two to three days. You cannot specify a time. Please note that if you cannot be reached at the time of delivery, etc., the set will be brought back (you will have to go through the process again, which will take more days).
 - If you do not wish to receive the "home treatment set" or if there is a shortage, please procure

your daily necessities by using mail order, delivery, or asking a (tested-negative) family member or acquaintance to do the shopping.

When receiving items, please avoid direct contact with them and leave them at the front door.

- Precautions for those who live with you

- Do not share linens, towels, dishes, or other personal items.
- It is advisable to conduct daily disinfections of any items that the patient touches.
- Toilets should be used exclusively by patients, but if they are shared, they should be thoroughly cleaned. After the patient has used the toilet, disinfect the toilet seat, doorknob, flush lever, and other parts that come into contact with the hands with a non-woven cloth soaked in alcohol.
- With regard to bathing, the patient should be the last to bathe. After use, shower the walls of the bathroom lightly, and open the window or use an exhaust fan to ventilate the room.