



Novel Coronavirus Disease (COVID-19)

Recuperation at Home or a Lodging Facility

This guidebook is distributed
to people who underwent a
COVID-19 test.

【Excerpted version in English】

To those who tested positive and recuperate at home or a lodging facility

If you have a smart phone, please use **LINE** 
for your health management during recuperation.

Register with “K.P.G. Recovery Support”.



K.P.G. Recovery Support
LINE ID search
@kanagawa_corona

**Easy
registration!**

**Answer once
a day only!**

**Takes only a
minute!**

If you can't use LINE, we will call you once a day for regular condition check. Please be sure to answer the phone. If you fail to answer, staff of the public health center may directly visit you to confirm your safety.



This guidebook (excerpted version) is available in the website of K.P.G.



Introduction

About this guidebook

This guidebook gives information on preparations for recuperation at home or a lodging facility and matters to be noted in recuperation. It is distributed to people who underwent a PCR test for COVID-19.

If your test result is positive, you may have to recuperate at home or a lodging facility. Please read pages 1 to 10 beforehand while waiting for the result.

To those who are requested to recuperate at home or a lodging facility

If you are diagnosed as being infected having no or mild symptoms and judged by a doctor that hospitalization is not necessary, the public health center will request you to recuperate at home or a lodging facility.

The public health center takes your family situation into consideration for suitable recuperation for your condition.

We will do our best to promptly respond to your health condition change.

We appreciate your cooperation for early end of the novel coronavirus pandemic.

General Flow of Recuperation at Home or a Lodging Facility

1) Outpatient consultation

If your test result is positive and you have mild symptoms, you may be requested to recuperate at home or a lodging facility. In this case, you will have an interview with a doctor for recuperation. Please fill in the interview sheet and submit it to the doctor.

2) Preparation for recuperation at home

Make a preparation for recuperation while waiting for the test result. Please see "Recuperation at Home or a Lodging Facility" on page 3.

3) Notification of the result and move to the recuperation facility

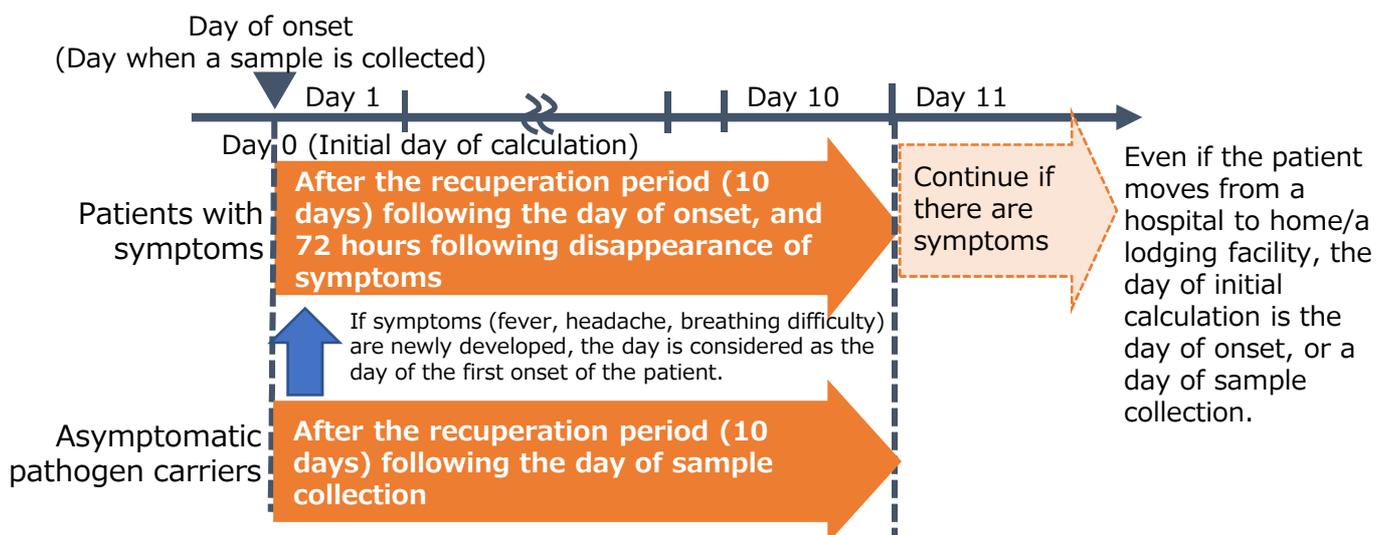
You will be notified of the test result by the medical institution or the public health center. If the result is positive, K.P.G. will call you to explain about recuperation. If you are to stay at a lodging facility, we will inform how to go to the facility.

4) During recuperation

Based on the notice of the Ministry of Health, Labour and Welfare, the recuperation period ends after 10 days (the 11th day) following the day of onset. (If you have no symptoms or your onset day is unclear, the starting day is when a sample which tested positive had been collected.) During the recuperation period, you are required to stay at home or a lodging facility without going out. There are rules and various restrictions in daily life. You also have to report your daily health condition. For details, see Daily Health Management starting on page 11.

5) Completion of recuperation

On the day you start recuperation, you will be notified of the expected date of completion. If you don't receive contact about extension of the recuperation period, your recuperation ends on this expected date. (For inquiries on the recuperation period, contact K.P.G. Recovery Support Desk.) However, if you develop symptoms such as a fever during the last three days of the recuperation period, it may be extended based on necessity. Please note that a "certificate of recovery" cannot be issued, but "Certificate of Completion of Recuperation" can be issued if requested. (See page 22.)



Recuperation at Home or a Lodging Facility

Lodging facility	Home
<p>You will stay at a lodging facility prepared by K.P.G. or a municipality for recuperation.</p>	<p>You will stay at home for recuperation. You need to separate living space for you and other members in the house.</p>
<p><Criteria for staying at a lodging facility></p> <ol style="list-style-type: none"> 1. Being able to rest at the facility. 2. Being able to live in a room of the facility. 3. Being independent in activities in daily life (ADL). 4. Being able to use a smartphone or telephone to consult on health condition. <p>*You may be advised not to stay at a lodging facility depending on your underlying illnesses.</p>	<p><Criteria for staying at home></p> <ol style="list-style-type: none"> 1. Being able to rest at home. 2. Being able to recuperate without going out. 3. Have your own room and being able to separate living space from other members in the house. 4. Being able to use a smartphone or telephone to consult on health condition.
<p><Examples of people recommended to recuperate at a lodging facility></p> <ul style="list-style-type: none"> ◦ Those who wish to avoid a risk of infection to other family members. (e.g., the elderly, expectant mother) ◦ Those who can exercise even in a small space and manage health condition. ◦ Those who have high tolerance for stress and can stay in a small space. <p>*If you have a possibility of taking shelter in case of typhoon, etc. due to your dwelling situation, you are advised to stay at a lodging facility for recuperation. (See P. 10.)</p>	<p><Examples of people recommended to recuperate at home ></p> <ul style="list-style-type: none"> ◦ Those who can't be away from home due to childrearing or family care. ◦ Those who have no elderly person or expectant mother in the house. ◦ Those who live by themselves and have no problem in staying home for recuperation.
<p><Matters to be noted></p> <ul style="list-style-type: none"> ● You are not able to get out of the designated area of the facility. ● You must follow the rules of your facility. ● Boxed meals, etc. are provided three times a day at the fixed times. ● You are not able to receive things from outside. It is not allowed to use online shopping delivery service or receive items you forget to bring in from your family. ● You must abstain from drinking and smoking. 	<p><Matters to be noted></p> <ul style="list-style-type: none"> ● You are advised to separate living space for you and your family, and stay in your own room for recuperation. ● You can't go out during the recuperation period. ● You must abstain from drinking and smoking.
<p>See pages 5 and 6 for specific information on preparation and recuperation.</p>	<p>See page 7 to 9 for specific information on preparation and recuperation.</p>

Lodging Facility

Lodging facility

This photo is an example of the lodging facility prepared by K.P.G.
Please understand that the same type of room is not always available.

(Example of a room)



(Example of a boxed meal provided by K.P.G.)





To Patients who will Recuperate at a Lodging Facility <Preparation>

Expenses

You don't need to bear the lodging and food expenses. However, if you lose the key of your room, etc., you may be required to pay for it.

Preparation of daily necessities

- Be sure to bring cash, health insurance card, medicine pocketbook, smartphone/mobile phone (if you have) and its battery charger. Make sure that you will bring the battery charger, as there are many who forget it.
- Bring a thermometer as you need to take your temperature everyday.
- Prepare what you need by yourself. Please note that the storage space in the room is limited.
(e.g., items to bring: spare clothes, nightwear, mask, towel, toiletries including a toothbrush and shampoo, detergent, writing instrument, and food supplement such as ionic beverage/jelly (for when you have no appetite due to a fever))
- Prepare enough clothes as room temperature in the facility cannot be fully adjusted.
- Basic equipment such as TV, refrigerator and Wi-Fi may be different depending on the facility. Please confirm the public health center beforehand.

Preparation of medicine

- If you have a family doctor, make a note of the doctor's contact information just in case.
- If you are taking any medicine regularly, prepare enough doses for about three weeks to cover the recuperation period.
- If the medicine is likely to run out, you need to have a phone consultation with your doctor and ask to prescribe the medicine.
- We can introduce a doctor for online medical consultation, but it is difficult to prescribe medicine on Saturdays (partially), Sundays and national holidays as the dispensing pharmacy is closed. Be sure to prepare the medicine you are taking or your basic medicine.

If you have a pet

- You may have to enter the lodging facility as soon as the following day you test positive. Since you cannot bring a pet in the facility, please find someone who can take care of your pet, such as a relative or acquaintance.



To Patients who will Recuperate at a Lodging Facility <Recuperation>

Matters to be noted during recuperation

- Follow the rules of your lodging facility.
- In principle, you are required to stay in your room during the recuperation period.
- It is not allowed to go out of the facility during recuperation. The recuperation facility is operated with the understanding of the neighboring residents and shops. Going out is strictly prohibited. If you go out, we must take strict action. Your cooperation in this regard is appreciated.
- It is not allowed to go out of the designated area of the lodging facility. If you can go outside of your room within the designated area to receive your meal, etc., make sure the times and area, and wear a mask when you go out of your room.
- Avoid contacting with other residents as much as possible.
- Boxed meals, etc. are provided three times a day at fixed times.
- Clean up your room by yourself.
- You need to wash your laundry by hand in your room. It is not allowed to hang the laundry out.
- Drinking and smoking are prohibited as they would make it difficult to accurately grasp your health condition. They may also deteriorate the symptoms.
- It is not allowed to receive things and food from outside, such as the ones brought by online shopping service, delivery services, and your family (including the items you forget to bring in).
- K.P.G. bears no responsibility for loss or theft of your belongings during recuperation.
- During recuperation, you need to measure your blood oxygen saturation by placing a pulse oximeter on your fingertip to monitor your health condition. For accurate reading, remove your nail polish before entering the facility. If you have gel nail polish, come to the facility as it is since you cannot remove it by yourself.
- On the day of discharge, be sure to wait in your room until the time you are supposed to leave the facility.

*Operation of each facility may be different. Follow the guidance of your facility for specific times and rules.



To Patients who will Recuperate at Home <Preparation>

Preparation of the environment

- Living space
To minimize the contact with people who live with you, please separate the living space (stay at your own room, in principle).
- Hygiene management
Prepare hygiene items to disinfect the common use space, such as toilet and bathroom.

Preparation of medicine

- If you are taking any medicine regularly, prepare enough doses for about three weeks to cover the recuperation period.
- Be sure that the medicine will not run out during the recuperation.
- If it is likely to run out, have a phone counseling with your family doctor and ask to prescribe the medicine.
- We can introduce a doctor for online medical consultation. However, please understand that it is difficult to prescribe medicine on Saturdays (partially), Sundays and national holidays as the dispensing pharmacy is closed. Please consult with your doctor beforehand.

Food and daily necessities

- In principle, prepare food and daily necessities by yourself. If you use delivery services, be sure to avoid direct contact with the parcel carriers when receiving the packages. (e.g., ask the carrier to leave the package at the door).

Examples of delivery services

Living support information service Kanagawa

https://living.rakuraku.or.jp/service_choice/introduction06/



Ito Yokado IY Net

<https://www.iy-net.jp/nssp/index.do>



AEON Net Supermarket

<https://shop.aeon.com/netsuper/>



Seven-Meal Service

<https://7-11net.omni7.jp/top>





To Patients who will Recuperate at Home <Recuperation>

Matters to be noted during the recuperation

- Refrain from going out during the recuperation period.
- Separate the living space for you and those who live with you (stay in your room as much as possible).
- Wear a mask and wash hands frequently when you go out/in your room. Ventilate your room regularly.
- Put the tissues used to blow your nose in a bag and close the opening to discard.
- Drinking and smoking are strictly prohibited as they may make it difficult to accurately grasp your health condition. They may also deteriorate the symptoms.
- If a disaster took place or is feared to take place, the municipality may contact the recuperating patients to explain that evacuation is necessary or confirm the will to move to a lodging facility.

Matters to be noted for people who live with the patient

- Minimize the contact with the patient even when taking care.
- All the members in the house are advised to wear a mask and wash hands frequently.
- Disinfect the parts touched by the patient, such as a door knob, with alcoholic disinfectant.
- Ventilate and clean up the common use space, such as the toilet and bathroom. The patient is advised to take a bath last of all.
- Prepare dishes and sheets that can be used only by the patient and avoid sharing them. Use general detergent to wash dishes, clothes and linen and dry them well.
- Wear gloves when washing clothes, sheets, etc., soiled with body fluids of the patient.
- Avoid receiving unnecessary visits. Refrain from contacting with parcel carriers as much as possible.

Renting of pulse oximeter (important)

- A pulse oximeter (a device to measure blood oxygen saturation by placing it on the fingertip) will be sent to patients 40 years of age or older. If you are under 40, the pulse oximeter is rented when a doctor considers it necessary for reasons such as underlying illnesses. Consult with the public health center of your area.
- Be sure to return the pulse oximeter on completion of recuperation.



Taking out garbage

- With regard to the garbage during the recuperation period at home, put it in a bag, tightly close the opening and discard it as general garbage.
- Wear a mask and gloves when discarding the garbage and wash hands well to prevent infection.

If you have a pet

- Just in case you are hospitalized during the recuperation at home and there is no one who can take care of your pet, you are advised to find someone who can look after it, such as a relative or acquaintance.



To Patients who will Recuperate at Home <Recuperation>

Meal delivery service

- You can use meal delivery service depending on the length of the recuperation period. The public health center of your area will ask you if you would like to use the service.
- Meals and daily necessities (tissues and toilet papers) will be delivered.
- Meals of pre-fixed menu are delivered. (Requests are not accepted.)
- If you use the service, please understand beforehand that K.P.G. needs to provide your personal information such as name and address to the delivery service contractor. The first meal will be delivered after about four days following the submission of the necessary documents from the public health center to K.P.G. With regard to food until then, please see page 7.
- If your recuperation period is extended, the meal delivery service will be extended, too. However, please note that meals may not be delivered on the first and second days of the extended service. Your understanding in this regard would be appreciated.

Matters to be noted in using the meal delivery service

- Meal packages will be put at the front door. When the carrier comes, **tell to put the package at the door over the intercom, and do not directly receive it .**
(The carrier may call you before delivery.)
- If the carrier can not confirm that you are at home, the meal will be delivered again.
- Meals ready for allergy is not provided. Confirm the food ingredient labeling by yourself.
- Meals at normal temperature and frozen meals will be delivered. Be sure to make enough room in the freezer.



*These photos are examples.



Matters to be confirmed in advance

If you have a possibility of taking shelter in case of a disaster due to your dwelling situation, consider staying at a lodging facility for recuperation, since you may need to evacuate without enough preparation.

You can check if your home is located in the flood-assumed area or the landslide disaster caution zone in the website of the following URL.

Hazard overlay map (Ministry of Land, Infrastructure and Transport)

<https://disaportal.gsi.go.jp/maps/?ll=51.835778,133.857422&z=4&base=pale&vs=c1j0l0u0>

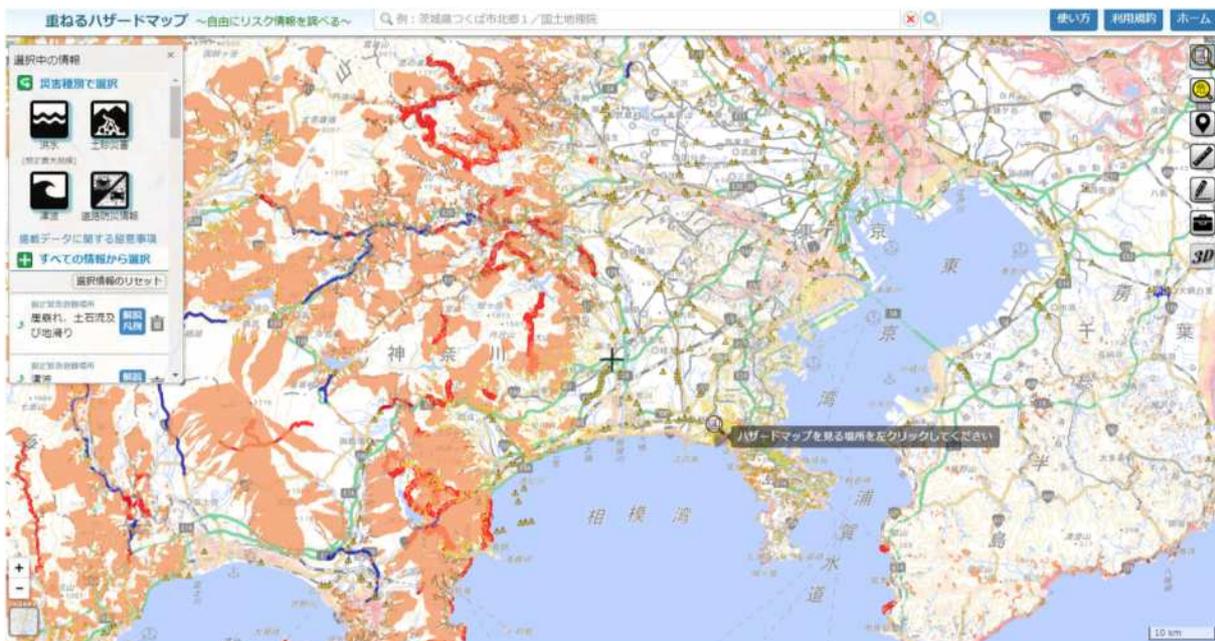
When a disaster takes place

If you are recuperating at home in the flood-assumed area or the landslide disaster caution zone, and your municipality considers it necessary for you to take shelter due to typhoon, etc., you will evacuate to a lodging facility, in principle.

The municipality of your residence will contact you when evacuation is necessary.

Hazard overlay map (Ministry of Land, Infrastructure and Transport)

<https://disaportal.gsi.go.jp/maps/?ll=51.835778,133.857422&z=4&base=pale&vs=c1j0l0u0>



Novel Coronavirus Disease (COVID-19)
Recuperation at Home or a Lodging Facility

**Daily Health Condition
Management**



Health Management during Recuperation

What you have to do

When you visit a hospital

You will be asked for the information necessary for following up during recuperation. We will select your recuperation facility and manage your health condition based on the information.

Tested positive and start recuperation



Daily routine

- ① **Take your temperature twice a day**
Take your temperature in the morning and evening, and make a record.
- ② **Reply to the regular contacts to check your health condition**
K.P.G. Recovery Support Desk will contact you to check your health condition every day. You will be asked the latest body temperature.

Regular contacts are made via LINE or phone.

See the following pages for details.

When your health condition deteriorates or change suddenly

If you need to contact for consultation on deterioration of health or an emergency besides the regular condition check, call below numbers. If necessary, we will make an arrangement to take you to a medical institution. Whenever you have an anxiety, do not hesitate to make a call. If you have any symptoms with high urgency shown on the following page, contact K.P.G. Corona Emergency Call 119 immediately. You don't need to bear medial expenses for treatment of COVID-19 infection at a medical institution during the recuperation period.

Consultation on health during recuperation, inquiries about life at the facility, etc.

K.P.G. Recovery Support Desk

Emergency call in case of deterioration/sudden change of your health condition

K.P.G. Corona Emergency Call 119

*Your call is [hung up once at both numbers, and we will call you back through an interpreter.](#)

*If you are staying at a lodging facility, call from your own mobile phone as the room phone is for in-house calls only.

To Patients who will Recuperate at Home or a Lodging Facility

<Matters to be noted in recuperation>

- You may have anxieties in recuperating at home, but K.P.G. will support you.
- We will contact you via LINE or phone everyday to monitor your health condition. Please answer our questions about your condition.
- You are supposed to take your temperature twice a day. At the same time, check by yourself if you have any of the symptoms below. If you have, contact K.P.G. Corona Emergency Call 119 immediately.
- If you take antipyretic or analgesic during the last three days of the recuperation period, contact K.P.G. Corona Emergency Call 119 below.
- Whenever you notice any of below symptoms besides the regular health check, contact immediately as emergency response will be necessary.

Symptoms with high urgency

SpO2 (blood oxygen saturation) level measured by pulse oximeter	93% or lower (Pulse oximeter is rented to patients who are 40 years of age or older, in principle.)
Facial expression and appearance	Apparently look unwell.* Have pale lips. Look unusual.*
Breathing difficulty, etc.	Breathe hard. (Have faster respiration.) Suddenly started to have difficulty in breathing. Get out of breath in daily actions. Have a pain in the chest. Cannot lie down. Cannot breath properly unless you sit down. Have difficulty in breathing.
Disturbed consciousness, etc.	Feel fuzzy (Have weak response).* Have disturbed consciousness (Cannot respond).* Irregular pulse, turbulence of pulse waves

Symptoms with an asterisk are impression of family members.

Point of contact for consultation on deterioration/sudden change of physical condition

K.P.G. Corona Emergency Call 119

How to Use Pulse Oximeter

Attention

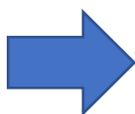
If your SpO2 measures 93% or lower, contact **K.P.G. Corona Emergency Call 119**

*Accepting calls 24 hours a day

**SpO2 value is very important for your health management.
Standard SpO2 value of a healthy person is 96-99%.**

<How to use>

1. Hold the end of the clip and open the other end.
2. Insert forefinger into the device with the fingernail-side upward.



**Power
button**

3. Press the power button.
4. Measurement starts. Wait for ten seconds until the value is shown.
5. SpO2 level is shown. Inform the value when you report your health condition via LINE or phone.



Inform your **SpO2 value**
when you report your health
condition via LINE or phone
Example) Left photo:98%

<Notes>

- Keep still while measuring.
- The pulse oximeter may not give an accurate reading when your hands are cold/swollen or you have nail polish or nail discoloration.
⇒If you have any question about usage, contact K.P.G. Recovery Support Desk.
- Please return the pulse oximeter after completion of the recuperation period.

[Importance of blood oxygen saturation (SpO2) level]

In many cases, lower SpO2 causes asymptomatic respiratory failure, which later increases in severity when noticed.

By measuring value of SpO2, risks of developing severe symptoms can be detected objectively in an early stage.

Support for Patients Recuperating at Home

Support for recuperation is given according to the level of risks.

	Monitoring of health condition via LINE or AI call	Pulse oximeter	Calls by public health nurse
High-risk patients (Those on the waiting list for hospitalization, etc.)* ¹	Once a day	Rented to all	All
Patients 40 years of age or older (excluding high-risk patients)	Once a day	Rented to all	When SpO ₂ is 93% or lower
Patients under 39 (excluding high-risk patients)	Once a day	Rented when a doctor considers it necessary* ²	When SpO ₂ is 93% or lower

*¹ Patients on the waiting list for hospitalization, whose hospitalization priority assessment score is five or higher, and whose blood oxygen saturation level is 93% or lower are considered as high-risk patients regardless of age.

*² With regard to the patients under 39, pulse oximeter is rented when a doctor considers it necessary for reasons such as underlying illnesses. Please consult with the public health center of your area.

【Hospitalization priority assessment score】

Assessment items	Score	Underlying condition	Score
75 years old and older	3	Diabetes	2
65 to 74 years old	2	Chronic respiratory disease including bronchial asthma	2
Per one item of high risk factor	1-2	Serious cardiovascular disease (with cardiac insufficiency such as coronary artery disease and cardiomyopathy)	2
Dialysis	6	Uncontrollable hypertension	1
Women in the 37th week of pregnancy or later	6	Serious chronic kidney disease	1
Pneumonia image seen in CT/plain radiograph	One lung and less than half	Obesity (BMI 130 or over)	1
	One lung and more than half	Using immunosuppressant (including steroid)	2
	Both lungs	Under treatment of malignant tumor	2
Oxygen should be administered	5	Hematopoietic stem cell transplantation/bone marrow transplantation, primary immunodeficiency, HIV	2
Feeling of serious condition	1	Posttransplant	2
Asymptomatic	-1		

Total score of five or higher is a criterion for hospitalization when patients are rapidly increasing

*GFR under 30 as a rough guide

Regular Condition Check via LINE <Initial Registration>

*For smartphone users, regular condition check through our LINE account is recommended.

*This service is intended only for those who tested positive.

① Registration as a friend

Add K.P.G. Recovery Support as a friend in LINE app.

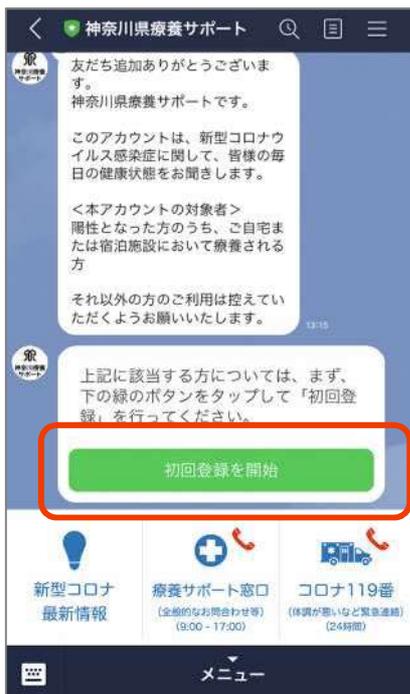
Read this two-dimensional barcode to go to the registration page.



② Registration of your personal information

You will receive a message for initial registration.

Registration completed.



Enter your date of birth and other required information.



Regular Condition Check via LINE <Everyday>

Confirmation of your health condition

① Receive messages

After initial registration, you will receive question messages on your condition at around 8:30 to 9:00 a.m. Take your temperature first and start answering the questions.



② Answer the questions via LINE

Answer all the questions. Please give identification without worry when requested, since it is used only for collecting answers.



③ If you do not answer

If we cannot confirm your reply within 30 min. after sending the LINE message, we will call you through the automated calling system using AI .



Information on COVID-19 on K.P.G. official website

You can call them directly by tapping the menu.

Counseling on health condition and inquiries on the life during the recuperation period
K.P.G. Recovery Support Desk

Emergency call in case of sudden worsening or change of your condition
K.P.G. Corona Emergency Call 119

- If you cannot use LINE app, or
- If you do not reply in 30 min. after the message is sent,

We will call you through the automated calling system using AI once a day to the number previously provided to interview about your condition. Be sure to answer the call from the following numbers.

*Please note that, in case you do not reply, staff of the public health center may directly visit you to confirm your safety.

Automated Calling System Using AI

Confirmation of your health condition

In case we cannot confirm your reply by LINE or you cannot use LINE, we conduct an interview through the automated calling system using AI.

Take your body temperature before starting answering.

If you have a pulse oximeter, a device to measure the blood oxygen saturation level by putting it on your finger, also measure SpO2 before answering.

The following questions will be asked through the calling system. Please answer "Yes" or "No". When asked SpO2 level, answer the value.

If the system cannot confirm your reply, same question may be repeated.

Note : If your answer is not caught two times, the call will be ended.

Important

In case of sudden change in your condition,

**Do not hesitate to dial
"K.P.G. Corona Emergency Call 119"**

Questions	Answers
①Do you have a pulse oximeter?	<ul style="list-style-type: none">• Yes• No → Proceed to Q③.
②SpO2 value	<ul style="list-style-type: none">• Two-digit number (ex. If the result is 97, enter "ninety-seven")• I don't know.
③Have difficulty in breathing.	<ul style="list-style-type: none">• Yes• No
④Body temperature is 37.5°C or higher.	<ul style="list-style-type: none">• Yes• No
⑤Would you like to continue answering questions on this phone system?	<ul style="list-style-type: none">• Yes• No *If you say "No", phone interview will not be conducted from the next day.

※Questions are asked not in English but in Japanese.

Daily Health Record

Date of onset : Month Day Year

Days of recuperation Month / Day		Body temperature	Blood oxygen saturation (Those staying at a lodging facility)	Heart rate (Those staying at a lodging facility)	Note
		°C	SPO ₂ %	PR times/min.	
Starting day /	morning				
	evening				
1 /	morning				
	evening				
2 /	morning				
	evening				
3 /	morning				
	evening				
4 /	morning				
	evening				
5 /	morning				
	evening				
6 /	morning				
	evening				
7 /	morning				
	evening				
8 /	morning				
	evening				
9 /	morning				
	evening				
10 /	morning				
	evening				
11 /	morning				
	evening				

Daily Health Record

Days of recuperation Month / Day		Body temperature	Blood oxygen saturation (Those staying at a lodging facility)		Heart rate (Those staying at a lodging facility)	Note
		°C	SPO ₂	%	PR times/min.	
12	morning					
	evening					
/						
13	morning					
	evening					
/						
14	morning					
	evening					
/						
15	morning					
	evening					
/						
16	morning					
	evening					
/						
17	morning					
	evening					
/						
18	morning					
	evening					
/						
19	morning					
	evening					
/						
20	morning					
	evening					
/						

To Return to Society without Worry

Based on the scientific grounds obtained from the latest academic research, K.P.G. considers that patients be able to finish recuperation without undergoing a PCR test if they have no symptoms, including coughing or a fever during the last three days of the 10-day recuperation period. (the Ministry of Health, Labour and Welfare shows the same view in the notice regarding the completion of recuperation.)

K.P.G. issues a document to certify that you completed recuperation for a designated period if you wish so that you can return to social activities free from worry. See the next page for the contact information.

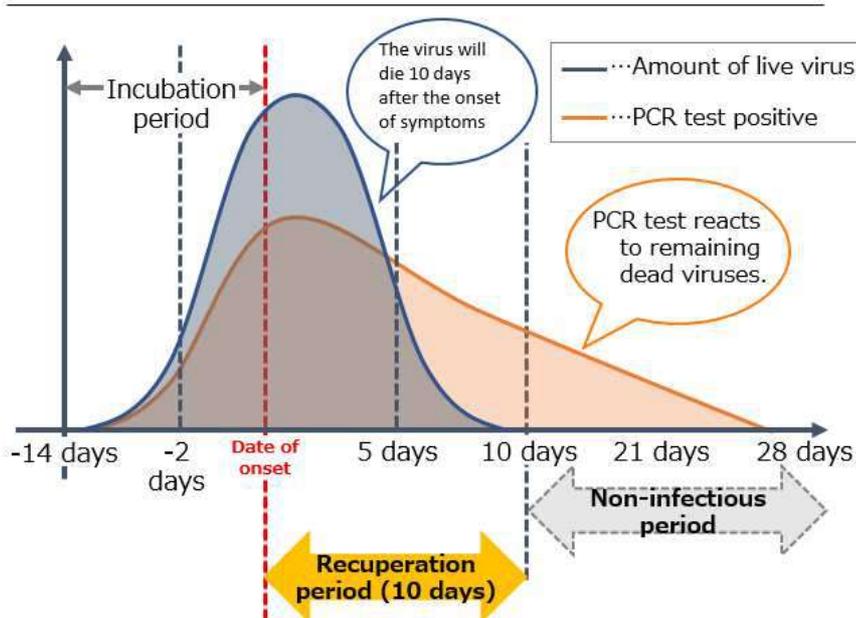
<Scientific grounds>

- The novel coronavirus in the body dies in about 10 days from development of symptoms, and the possibility of infecting others is extremely low after 10 days.
- Even a piece of dead virus is detected in PCR test so you might be tested positive for a long time although the virus is not active anymore.



Based on the above, by confirming that you did not have symptoms of coughing and a fever, the possibility of infecting others can be extremely reduced. However, if you have these symptoms during the last three days of the designated recuperation period, it may be extended after consulting with a doctor so that you can complete your recuperation feeling reassured.

Recuperation period in Kanagawa Prefecture



*If symptoms disappear and appear again, three more days of recuperation is necessary after recovery.

*If asymptomatic patients who are recuperating develop any symptoms, 10 more days of recuperation is necessary starting from the day.

(Ref.) ①Hao-Yuan Cheng et.al. Contact Tracing Assessment of COVID-19 Transmission Dynamics in Taiwan and Risk at Different Exposure Periods Before and After Symptom Onset. *JAMA Intern Med.* Published online May 1, 2020. ②Wolfel, R et.al. Accelerated Article Preview. *Nature.* Published Online 1 April, 2020

Made by K.P.G. Headquarters for COVID-19 Infection Control

Completion of Recuperation

The public health center will inform you of the expected date of discharge at the beginning of the recuperation period.

If you do not receive notice of extension, your recuperation period will be over on the day. However, please note that in case you develop symptoms of a fever, etc. during the last three days of the period, it may be extended as needed.

For inquiries on the recuperation period, contact K.P.G. Recovery Support Desk

Thank you for your cooperation and patience during your recuperation period. You can get back to your work and daily life, but we would like to ask for your cooperation in the following for four weeks after the completion of the period.

The Ministry of Health, Labour and Welfare has confirmed cases where a recovered patient tested positive again after finishing recuperation, though very rarely. To prevent yourself from becoming positive again and infecting others, your continued cooperation in the following would be appreciated for **four weeks**.

● **Take thorough infection prevention measures**

- Wash your hands with soap and disinfect with alcohol.
- **Wear a mask.**
- Practice **cough etiquette** (cover your mouth and nose with a mask, tissue, handkerchief, sleeve or arm, wear a mask, etc.)

● **Check your health condition daily**

- Take your temperature everyday to confirm you do not have a fever of 37.5°C or higher.

● **In case you have a symptom of coughing or a fever**

- Immediately **contact the nearest public health center**, follow their instructions and visit a medical institution as needed.
- When contacting the public health center and visiting a medical institution, tell them on the phone in advance that you were infected with COVID-19 and recuperated in a lodging facility or at home.

Please continue to avoid the “3 Cs” (Closed spaces, crowded places and close-contact settings) and maintain social distance when in contact with people.

For those who wish to apply for “Certificate of Completion of Recuperation”

For the detailed procedures, contact K.P.G. Recovery Support Desk.

●Public Health and Welfare Centers

Your call may not be connected smoothly because the Centers are receiving many calls.
Thank you for your understanding.

Municipality of your residence	Name of the center	Phone no.
Yokohama City		
Tsurumi Ward	Tsurumi Public Health and Welfare Center	045-510-1832
Kanagawa Ward	Kanagawa Public Health and Welfare Center	045-411-7138
Nishi Ward	Nishi Public Health and Welfare Center	045-320-8439
Naka Ward	Naka Public Health and Welfare Center	045-224-8332
Minami Ward	Minami Public Health and Welfare Center	045-341-1185
Konan Ward	Konan Public Health and Welfare Center	045-847-8438
Hodogaya Ward	Hodogaya Public Health and Welfare Center	045-334-6345
Asahi Ward	Asahi Public Health and Welfare Center	045-954-6146
Isogo Ward	Isogo Public Health and Welfare Center	045-750-2445
Kanazawa Ward	Kanazawa Public Health and Welfare Center	045-788-7840
Kohoku Ward	Kohoku Public Health and Welfare Center	045-540-2362
Midori Ward	Midori Public Health and Welfare Center	045-930-2357
Aoba Ward	Aoba Public Health and Welfare Center	045-978-2438
Tsuzuki Ward	Tsuzuki Public Health and Welfare Center	045-948-2350
Totsuka Ward	Totsuka Public Health and Welfare Center	045-866-8426
Sakae Ward	Sakae Public Health and Welfare Center	045-894-6964
Izumi Ward	Izumi Public Health and Welfare Center	045-800-2445
Seya Ward	Seya Public Health and Welfare Center	045-367-5744
Kawasaki City		
Kawasaki Ward	Kawasaki Ward Office Community Care and Support Center	044-201-3223
Saiwai Ward	Saiwai Ward Office Community Care and Support Center	044-556-6682
Nakahara Ward	Nakahara Ward Office Community Care and Support Center	044-744-3280
Takatsu Ward	Takatsu Ward Office Community Care and Support Center	044-861-3321
Miyamae Ward	Miyamae Ward Office Community Care and Support Center	044-856-3265
Tama Ward	Tama Ward Office Community Care and Support Center	044-935-3310
Asao Ward	Asao Ward Office Community Care and Support Center	044-965-5163
Sagamihara City	Sagamihara City Public Health Center	042-769-8260
Yokosuka City	Yokosuka City Public Health Center	046-822-4300
Fujisawa City	Fujisawa City Public Health Center	0466-25-1111
Chigasaki City, Samukawa Town	Chigasaki City Public Health Center	0467-38-3321
Hiratsuka City, Oiso Town, Ninomiya Town	Hiratsuka Public Health and Welfare Center	0463-32-0130
Hadano City, Isehara City	Hiratsuka Public Health and Welfare Center Hadano Branch	0463-82-1428
Kamakura City, Zushi City, Hayama Town	Kamakura Public Health and Welfare Center	0467-24-3900
Miura City	Kamakura Public Health and Welfare Center Misaki Branch	046-882-6811
Odawara City, Hakone Town, Manazuru Town, Yugawara Town	Odawara Public Health and Welfare Center	0465-32-8000
Minami-ashigara City, Nakai Town, Oi Town, Matsuda Town, Yamakita Town, Kaisei Town	Odawara Public Health and Welfare Center Ashigara-kami Branch	0465-83-5111
Atsugi City, Ebina City, Zama City, Aikawa Town, Kiyokawa Town	Atsugi Public Health and Welfare Center	046-224-1111
Yamato City, Ayase City	Atsugi Public Health and Welfare Center Yamato Branch	046-261-2948

Consultation Services during Recuperation

The following are services for those who tested positive and are required to recuperate.

Inquiries and consultation on daily health consultation

9:00 to 21:00

K.P.G. Recovery Support Desk

Emergency on deterioration/sudden change of physical condition

24 hours

K.P.G. Corona Emergency Call 119

*Your call will be hung up once at both numbers and we will call you back through an interpreter.

*If you are staying at a lodging facility, the room phone is for in-house calls only. Please use your own cell phone.