

What Should You Do if You Suspect that You May be Infected with the Novel Coronavirus?

You need to take the right actions to protect yourself and others.

1. If you have a fever or/and cough just like when you have a cold

- Try not to go out as much as possible. Take time off from school or work.
- Measure and record your body temperature every day.
- Other household members should also measure their body temperature, look after their health and try not to go out as much as possible.

2. If you want to know whether you are infected with the novel coronavirus

Call first for a consultation.

A doctor or a specialist will decide whether you need to undergo a test and where such a test will be given.

Those who fall under the below categories must call **IMMEDIATELY**.

- (1) Suffering from high fever, breathing difficulty, extreme fatigue.
- (2) Those who have one or more of the conditions below and suspect that they may have a cold or the novel coronavirus.
 - Elderly.
 - Visiting a hospital to receive medical care for other underlying conditions.
Example: Diabetes, heart failure or respiratory disorder.
Being on dialysis.
Taking immunosuppressant agents or anti-cancer drugs.
 - Pregnant.
 - Having a small child.
- (3) Neither (1) nor (2) applies but suffering from a persistent fever and cough.
Continuously taking medicine to reduce a fever or/and remove pain.

Where to Call for a Consultation:

- Local call centers

<https://www.covid19-info.jp/area-en.html>

* Each region has its own unique name for such a center and their language availability also differs.

- Hospital or clinic you always go to.
- Consultation Centers You can Consult in Your Language

List in Japanese:

http://www.clair.or.jp/j/multiculture/association/consultation_list.html

List in English:

<http://www.clair.or.jp/e/multiculture/tagengo/consultation-centers.html>

3. When You Visit a Hospital or a Testing Site

•**Call first for a consultation**, and visit only the hospital or public health center which you are told to go to.

- Make sure you wear a mask.
- Avoid taking a train or a bus as much as possible.
- Do not enter the hospital or the public health center right away.
(Receive instructions on what to do over the intercom or phone from outside.)

•Observe “coughing manners.”

(Cover your mouth and nose with a mask, a handkerchief, a tissue or your sleeve when coughing or sneezing.)

•Thoroughly wash or sanitize your hands and fingers.

4. At Home

Try to stay inside your room as much as possible.

Please abide by the following rules with your household members.

•Stay in a separate room.

Keep a distance from each other when you and others are in the same room.

(Example: Stay 2 meters apart.

Place a partition or hang a curtain.

If you have only one bedroom, sleep on opposite ends of the bed/futon.
other.)



•The same person should take care of you if possible.

Do not ask an expectant mother or an individual with a medical condition to look after you.

- All household members should wear a mask and observe “coughing manners.”
- Thoroughly wash and sanitize hands and fingers.
- Ventilate rooms with fresh air (more than twice an hour.)
- Disinfect surfaces people use or touch. (Example: Toilet, bathroom, door knob)

Do not share towels, plates and utensils with others.

(But you can wash them together with things others have used.)

- Wash unclean clothes, towels and sheets. Wear gloves and a mask when they are washed.
- Do not touch garbage. Securely tie garbage bags before it is taken out.

References (as of November 12, 2020)

「COVID-19 について色々な国の言葉で説明します」(厚生労働省)

<https://www.covid19-info.jp/>

「新型コロナウイルスに関する Q&A(一般の方向け)」(厚生労働省・日本語)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/dengue_fever_ga_00001.html

「ご家族に新型コロナウイルス感染が疑われる場合家庭内でご注意いただきたいこと
～8つのポイント～」(厚生労働省・日本語 PDF)

<https://www.mhlw.go.jp/content/10900000/000601721.pdf>

「新型コロナウイルスなどの感染症対策のためのご家庭でのごみの捨て方
～家庭ごみを出すときに心がける5つのこと～」(環境省)

・日本語 PDF

https://www.env.go.jp/recycle/waste/sp_contr/infection/leaflet6.pdf

・英語 PDF

https://www.env.go.jp/saigai/novel_coronavirus_2020/covid-19_waste_disposal_en.pdf

「『新型コロナウイルス感染症について』多言語テンプレート」
(一般財団法人 自治体国際化協会)

http://www.clair.or.jp/j/multiculture/tool_library/tools/114526.html