

Regarding the care of new corona virus patients at home

~ Cautions at home ~

Your care at home is scheduled to end on month, day.

※ Health care center checks your daily physical condition and decide to release you from home healthcare.

- ❑ Avoid going-out, including shopping foods, necessities and throwing garbage.
- ❑ Stay in a separate room from other family members, in principle do not contact them at home. Keep minimum sharing common space and contacting with your family.
- ❑ Family members are also requested to measure physical conditions like body temperature and avoid unnecessary outgoing.
- ❑ Meeting with friends and neighbors is not allowed.

If you meet a patient less than 1meter for longer than 15 minutes, you are recognized as a close contact and may have a limit in activities and a risk of infection. Please do not meet directly your friends and neighbors even when visiting you. Please make contact through telephone or online.

The pulse oximeter is After the recuperation, ●●Please return it to the public health center.

~ How to stay at home ~

Check health status everyday

- Measure body temperature and Oxygen saturation twice at morning and night everyday.
- Do you have condition like fever, cough, runny nose, congestion in the nose, fatigue and difficulty breathing? ⇒Please refer to pages 6 to 8 of the attached document.

Call for an ambulance, 119, in urgent case of described in P8 particularly.

※when calling for the ambulance, explain that inspection shows positive under care at home.

Separate the rooms

Use private rooms

Please separate the room from other family members.

Have meals and sleep in another room.

If you have children, less rooms and it is difficult to have separate rooms, it is recommendable to keep more than 1 meter distance, separation or curtains. When sleeping, put heads alternatively.

- Do not come out from your room as much as possible. Minimize the use of the common space like toilet and bathroom. Take the last bath in family.

Take care of the patient by the limited members

- Those who have disease in heart, lung, kidney, diabetes, with weaken immunity, and pregnant women should avoid the care of the patients.

Wear masks

- Family members need to wear mask.
- Do not take out to the other room the masks that patients wore.
- When putting off the mask pick up rubber or string part and avoid touching the surface of the mask.
- Make sure wash hand with soap or alcohol after putting off the mask.

Wash hands frequently

Use alcohol of concentration of 70% or higher.

- Wash hands with soap and sterilize with alcohol frequently.
Do not touch eyes, nose, mouth with unwashed hands.

Ventilate the rooms

- Ventilate the rooms periodically
Ventilate the rooms at every one or two hours (for about 5 to 10 minutes)
- Ventilate the common and other rooms by opening windows.

Sterilize common parts you touch with hands

- Clean the doorknob and the arm rail of beds with alcohol of more than 70% concentration or diluted chlorine bleach commercially available and then with water. Confirm that the main ingredient of the chlorine bleach of home use is sodium hypochlorite and dilute according to standard of consumption volume. (Standard concentration is 0.05%. For example, if concentration of the product is 6%, 500ml of water + 5ml of a cap of the 500ml plastic bottle.)
- Clean toilets and lavatories with ordinary cleansing for home use and sterilize frequently with the sterilizer for home use.
- Towels, clothes, dishes, chopsticks and spoons may be cleaned by the ordinary way. You do not have to clean them separately those which the patients used.
- Do not share those items before cleaning.
Do not share towels in the toilet, lavatory, kitchen in particular.



Clean dirty linen, clothes

- Wear gloves and masks when handling clothes and lines smirched with body fluids of patients. Clean them with ordinary washing soap and dry completely. (Virus is occasionally found in feces.)

Seal the garbage bag and throw garbage

- Throw away tissues blown nose into the plastic bag immediately then seal it.
Then immediately wash hands with soap or sterilize with alcohol.

~ Evacuation when hazard occurred or possibly occurs ~

- Consult with the health care center beforehand in case of evacuation from in times of disaster.
- When evacuating into a shelter, explain that you are “patient at home”

【A contact address】

• Home-visit nursing station Daytime (8:30~17:15) TEL _____

contact person _____

• ●● health center
• Night consultation desk

Daytime (8:30~17:15) TEL _____
Nighttime (17:15~8:30) TEL _____