

New coronavirus infections Home recuperation booklet

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Medical Policy Division, Medical Hygiene
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Health Center Infectious Disease Control
Division

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1. 1. Introduction

To everyone who is being treated at home

This booklet should be noted for those who will be treated at home.

This is a summary of health management methods and measures to be taken when symptoms worsen.

We apologize for any inconvenience caused by not being able to go out during medical treatment, but we appreciate your understanding and cooperation.

Thank you for your understanding.

2. Flow of home medical Recouparation

(1) Outpatient consultation and examination

- If you have been tested, please wait at home until the results are known.

(2) Preparation for home medical treatment

- Asymptomatic and mildly ill people are usually treated at home, so be prepared for home treatment

Please.* See "3. Preparation for home care"

(3) Notification of test results and guidance of medical treatment preparation

- Your medical institution or health center will inform you of the test results.
- If the result is positive, will send a short message to the contact information of the mobile phone sent to the medical institution.

We will send you additional future information using SMS.

(4) Under medical treatment

- During the medical treatment period, you will be asked to spend time at the medical treatment facility or at home without going out.

There are some precautions and various restrictions on daily life inside. Also, report your daily health status * Please see "Section 5. Health management during home medical treatment"

(5) End of medical treatment

- The medical treatment period is based on the notification of the Ministry of Health, Labor and Welfare.

If 10 days have passed after the date of infection and 72 hours have passed after the condition improved (asymptomatic or if the onset date is not clear, 7 days from the date of sample collection related to the standard) ”.

- The medical treatment period may be extended depending on the symptoms such as fever.

3. Preparing for home recuperation

(1) Preparation of medical treatment environment

- Separate the living space in your home to minimize contact with people living with you.

(Private room in principle).

- Disinfectants required for disinfecting shared spaces with people living together, such as toilets, bathrooms, and washbasins (Prepare hygiene products such as lucol, sodium hypochlorite aqueous solution, etc.) and hygiene cloth.

- For those who are being treated so as not to share hygiene products such as towels, soap, toothpaste, etc.

- Similarly, please prepare tableware, sheets, etc. exclusively for those who are being treated so as not to share them.

- Please prepare gloves and masks for washing dishes and sheets.

(2) Preparation of medicine

● If you have any medicines you are taking, please prepare a stockpile for about 2 weeks. During home recuperation

If you run out of medicine, talk to your doctor and ask them to prescribe it.

(3) Securing food products

● Please prepare meals during the medical treatment period by those who live together or persons who are willing to cooperate with you.

If you do not live together or have a collaborator, please use an online supermarket.

<Examples of net supermarket>

Aeon home delivery supermarket

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



Seven Meal

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



Ito Yokado IT Net

<https://www.iy-net.jp/>



Yoshikei (some arear not coverd)

<http://yoshikei-dvlp.>



* When delivering meals, please consider the receiving method so that you do not come into direct contact with the delivery person.

● We offer a meal distribution service that delivers meal sets to your home only when the above measures are difficult.

For details, see "Section 6. Pulse oximeter rental and food distribution service

4. How to spend during home medical treatment (Notes)

(1) Precautions during medical treatment

● It is strictly forbidden to go out during the medical treatment period

● Separate the living space from those who live together and try not to leave the private room as much as possible.

● Wear a mask when you leave the private room or come in contact with someone who lives with you.

● Frequently wash your hands with soap.

● Ventilate the room well.

● Nose-blown tissue is infectious. Put it in a plastic bag and firmly close and seal then discard, after that immediately wash your hands with soap.

● When sharing a bath with a person living together, the person living together will use it first , and the recuperator will be the next. After use, ventilate the bathroom and dressing room sufficiently.

● Drinking and smoking are strictly prohibited as it may make it difficult to accurately grasp the health condition and may worsen the condition.

● If you need additional prescription for medicine, contact the medical institution where you visited first.

● If you do not have a family medical institution, etc., look up the city homepage [New Coronavirus Infectious Disease] Telephone / online medical care and medication guidance based on the expansion of Please consult with a medical institution that can provide medical care online.

https://www.city.chiba.jp/hokenfukushi/iryoeisei/seisaku/denwatou-shinryou_top.html



● Fever may cause dehydration, so please drink water frequently.

(2) Precautions for those who live together

● Minimize contact with the recuperator.

● Separate rooms for meals and sleep.

● In particular, those who live together with a high risk of becoming seriously ill, such as the elderly, medical staff, and welfare / long-term care staff such things are included, be sure to completely separate the living space.

● When a cohabitant cares for a recuperator, adjust so that a specific person cares as much as possible.

● As much as possible, all cohabitants wear masks.

● Frequently wash your hands with soap.

● Use alcohol, etc. to disinfect parts that the recuperator touches, such as doorknobs, switches, and toilet levers.

● Clean and ventilate the areas shared with the recuperator, such as toilets and bathrooms , and take a bath with the recuperator. The recuperator should take the bath last.

● Do not share towels, soap, toothpaste, etc. with the recuperator.

● Wash dishes and clothes / linens with ordinary detergent, and dry them thoroughly. Wear gloves as needed.

● Wear gloves and a mask when handling clothing, sheets, etc. that are contaminated with the body fluids of the recuperator.

● Please do not accept unnecessary and unurgent visitors, delivery staff, etc. Please be careful.

● Those who live together are basically close contacts. Therefore, check to see if the housemates are in good health every day. If you have any symptoms, please consult a medical institution immediately.

(3) About taking out garbage

● For trash that is being treated at home, close the mouth of the trash bag tightly and seal it before disposing of it as general trash.

● When taking out "bottles", "cans" and "pet bottles", keep them at home for about a week to eliminate infectivity.

● Wear masks and gloves when disposing, and wash your hands thoroughly after disposal.

(4) Precautions for living alone

It is also important to be prepared in case you cannot respond to the contact from the health center.

(Correspondence example)

- Give the contact information of your family and close acquaintances to the health center in advance.
- Contact family members and close acquaintances on time every day by phone, e-mail, SNS, etc.
- Respond early to health observations at health centers.

(If no contact continues, we may request cooperation from the fire department and police station to confirm the safety. Please note that it may happen.)

5. About health management during home medical treatment

(1) Daily self-check

About self check

Please do a self-check twice a day during the following times and record it.

1st (AM): 7: 30-8: 30
2nd (PM): 13:00 to 14:00

※* Decreased blood oxygen saturation (SpO2) (when it becomes 93% or less) and the following symptoms were observed.

From time to time, please contact the health center (health observation center).

In case of an emergency, do not hesitate to request an ambulance (119).

- Highly urgent symptoms * are when the family sees and judges.

Facial expression / appearance	<ul style="list-style-type: none">• The complexion is obviously bad *• Lips are purple• It's different from usual, it looks strange *
Suffocation, etc.	<ul style="list-style-type: none">• Breathing became rough (breathing rate increased)• I suddenly became stuffy• If you move a little in your daily life, breathe rough .• I have chest pain• I can't lie down, I can't breathe unless I sit down• Breathing on the shoulders and with Zee Zee sound
Disorders of consciousness, etc.	<ul style="list-style-type: none">• Vague (weak reaction) *• Consciousness is not clear (no reply) *• the pulse jumps and the rhythm of the pulse is disturbed.

(2) Health observation by a health center

For daily health observation, use one of the following methods.

● Check your physical condition with MY HER-SYS Access the specified address from your smartphone or computer to check your health.input

● Check your physical condition by automatic call

The phone number registered in advance will be called at a fixed time every day, and follow the guidance.

Press the number and enter your health status

● Check your physical condition with a health call

Call the designated number from your own phone, follow the guidance and press the number to be healthy

Enter status

● Confirmation of physical condition by staff telephone (only for those with high risk of aggravation)

Health observation center staff will call you to hear your health

* MY HER-SYS, is a health observation and support system by automatic call, and health call are for people infected with the new coronavirus, Ministry of Health, Labor and Welfare.

For details, please refer to the URL below.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00129.html



About confirmation of health condition about new coronavirus infection

-Please enter in My HER-SYS

How to enter your health status

1. Read the QR code or the URL received by SMS from your smart phone:
2. For the first time Log-in, E-mail address and health center notified HER-SYS ID (6 digits or 7 digits) is required.
3. Please enter your health condition at least once a day.
(It is possible once in the morning and once in the afternoon)
From the same smart phone or PC, you can register and health status your family etc.

1. QR code

URL : <https://www.cov19.mhlw.go.jp/>



2. Login screen



3. input screen



1. Initial registration

Step 1

My HER-SYS top screen from a browser such as Smartphone or PC
Access (<https://www.cov19.mhlw.go.jp/>).



From the above QR code
Access is also possible



From the URL in the SMS
Access is also possible
* If you wish to send SMS,
Please contact the health center

Step2

"New registration"

Press Button



New registration start from here

Point!

When registering a health condition for the whome family using one smartphone, etc. You can also register your family with one email address. Make the first registration for each family member

Step3

Enter your e-mail address from the new registration screen Press the "Send Confirmation Code" button.



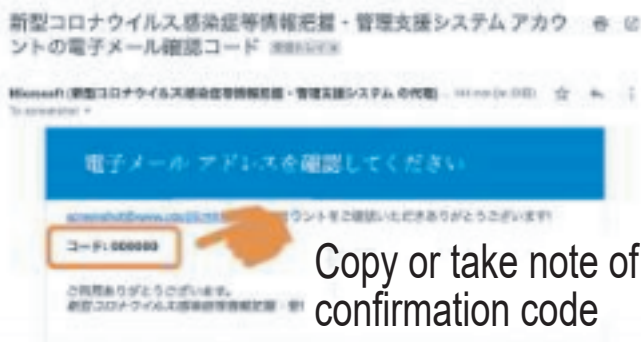
Point!

Use valid personal email address Please use the key.

If you have set to reject emails To receive the step 4 confirmation code make setting to receive emails sent from "@microsoftonline.com"

Step4

- ① Confirmation code is sent to the registered e-mail address
- ② Copy or take note of the confirmation code



Copy or take note of the confirmation code

Step5

- ① Return to the top screen and enter the confirmation code.
- ② "Confirm Code" Press the button.



Enter confirmation code from Step 4

Step 6

- ① You can use any password on the password setting screen.
- ② Press the "Create" button.



point!
Password creation rule:
 It is necessary to include 8 digits or more and L, and 3 or more of the following.
 Lowercase letters
 · uppercase letter
 · Numbers

Step 7

- ① Enter your own attribute information.
- ② Enter [HER-SYS ID] (6 digits or 7 digits) on the leaflet
- ③ Confirm the contents by clicking "Confirm input contents".
 Click the "Save attributes" button above to complete the registration.



point!
 "HER-SYS ID" is a leaflet distributed from health centers, etc.
 Please enter your name, date of birth, and HER-SYS ID.
 If you enter information different from the information registered in the system I may not be able to register.
 In that case, please contact the health center.

2. Health observation input from smartphone etc.

You can enter and report your health status from the top screen.

Step 1

To enter your situation
 Click the "Enter status report" button.



Step 2

- ① Enter your own conditions from the status report screen.
- ② Press the "Confirm" button.



You have completed the process.
 Enter the body temperature and oxygen saturation (SpO2), and the symptom "
 Please select "Yes" or "No".

(3) How to use the pulse oximeter [Only for those who are eligible to rent a pulse oximeter]

[What is a pulse oximeter]

It is a device that can easily measure blood oxygen saturation ((SpO2)) and pulse rate (PR).

■ Blood oxygen saturation (SpO2)

It is an index of the amount of oxygen contained in the blood.

It is a measure of whether your lungs are functioning normally. If your breathing condition worsens, the number will drop.

■ Pulse rate (PR)

It is a numerical value that indicates how many times the heart beats in one minute.

If the general condition deteriorates due to pneumonia etc., the value will increase.

[Reference value and abnormal value]

It is roughly as shown in the table below a

	Blood oxygen saturation (SpO ₂)	Pulse rate (PR)
Standard value	9 5 % or more	6 0 ~ 1 0 0 bpm (adult)
Attention required	9 3 % or less	1 2 0 bpm or more

[Measurement method] (There are various models, but the basic is one.)

Sit down quietly and take measurement

(1) Refer to Fig. 1, open the clip part, put your finger in the rubber cushion (make sure that your finger is in the correct position), and pinch your finger.

Note: You cannot measure accurately unless you insert your finger all the way in.

Also, if the blood flow is poor, such as when the fingertips are cold, abnormal values or measurement may not be possible. Don't wear manicure, gel nails, nail stickers, etc.

(2) (See Fig. 2) Press the power supply button once.

(Measurement will start.)

Do not move your finger or loosen the measuring part during measurement. During that time, if your body is in motion, it will not be measured accurately.

(See Fig. 2) When the measured value is displayed on the screen, enter the value (SpO₂) on the health observation sheet.

When you remove the device from your finger, the displayed measured value disappears and the power turns off automatically after a few seconds.



[Others] The city rents out pulse oximeters. For details, see "6. Pulse Oximeter Rental and Food Distribution Services.

If you have any questions, please contact the New Coronavirus Health Observation Center (phone number is short sent to you) Please contact (listed in the message service).

6. About pulse oximeter rental and food distribution service

Pulse oximeters can be rented and used for those who will be treated at home. We also carry out food distribution service. Those who wish to use each service should keep in mind the following items

Please apply from the "Chiba Electronic Application Service".

【Who are covered】

Those who are home recuperators and live in the city* People with close contact are not eligible. In principle, it is not necessary and urgent for close contacts. Please refrain from going out, but the minimum outside for the purpose of purchasing daily necessities such as groceries. It is possible to get out.

【Application period】

Home medical treatment period (from the start date of home medical treatment to the day before the cancellation date)

[Number of applications]

Up to once * * However, regarding the meal distribution service, if the home medical treatment period is extended, it will be serviced depending on the situation. Since you can use the service, the new coronavirus health observation center (Please contact the phone number in the short message service you sent).

[Number of applications (upper limit)]

Pulse Oximeter 1 household* Pulse oximeter has already been rented to family members living together. Please note that we will not lend you if you already have.

Food distribution service up to 2 sets per person

[Delivery date and time] It cannot be specified. In addition, it may take several days from

application to delivery. [Delivery method]

• It will be a "placement" to put a pulse oximeter and a box of meal sets at the front door of your home. If you apply for this service, you agree to have it delivered to your home. Please be aware that we will do so. • On the day of delivery, a delivery person will contact you by phone from near your home to verify your identity. Please respond first. If there is no response, we will redeliver the next day. For redelivery If there was no response and it was not possible to confirm that he was at home, It will be canceled.

Please take the pulse oximeter and meal set after the delivery person has left.

Please do not face the delivery staff, such as by using an internet phone or mobile phone.

Others

- The pulse oximeter will be returned after home medical treatment, so please use it carefully. In addition, consent for return is required for application. For the returning method, see "Section 9. Returning equipment [Pulse oximeter / thermometer rental pair Only]"
- As a general rule, meals during the medical treatment period should be prepared by those who live together or who cooperate. Those who live together, please consider using online supermarkets and private food distribution services even if there are no people or cooperators. Regarding the use of this service, we can prioritize the provision of services to those who really need it. Please be careful. For details on online supermarkets, etc., see "Section 3. (3) Provision of groceries.".
- Foods include packed foods, retort foods, etc., and a meal set that can be stored for 3 days per box. It is possible to respond to food allergies and specify food for religious reasons. Please check the label of each food by yourself.
- Eat the opened food immediately, and if you should store it, put it in the refrigerator. Please consume them soon.
- There is no cost burden.

Application for rental and meal distribution service of pulse oximeter

- **Applications can be made from the "Chiba Electronic Application Service".**
- **You can apply from either your computer or smartphone. In addition, you can declare without registering as a user.**
- **You will need your HER-SYS ID when you apply, so please have it ready. Also, the application is a feeling**
The home recuperator himself (who has a HER-SYS ID) should do this.
- **Information registered in the application (name (phonetic), address (including building landmarks, etc.), telephone number, Please note that we will provide the delivery company contracted with the city to the effect that you are a home recuperator.**
- **It takes about 5 minutes to apply.**

Application URL

https://s-kantan.jp/city-chiba-u/offer/offerList_detail.action?tempSeq=7887
You can also access from the QR code below.



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10 Contact information

Questions / consultations regarding health consultations during medical treatment, how to spend time, etc.

Chiba City New Coronavirus Health Observation Center(We will inform you when you are treated)