

# Before and After Taking a Saliva Test

## ～What is the Test for COVID-19?～

COVID-19 testing is now available, not only at hospitals and clinics, and for asymptomatic people, it is also available at testing centers in towns and by mail, etc.

Because of this, there has been an increase in consultations with questions such as "The test prices are different. Is that OK?" and "What should I do if my test result is positive?"

Before taking a test, check and prepare in advance to avoid trouble later.

### 1. Receive a Test at Locations Following National Guidance

Simply put, even if it is called a "test," they are not the same.

Receive a test at a location that will provide information, so you don't encounter problems, and that will refer you to a medical institution if your test is positive.



▲ Notifications from the Ministry of Health, Labour and Welfare of Japan

### 2. Make Sure to Get an Accurate Result

If you are going to be tested, then don't do the following for 30 minutes prior to the test:

- ▶ **Eating or drinking anything**
- ▶ **Chewing gum**
- ▶ **Gargling, brushing your teeth**
- ▶ **Smoking**



### 3. Take Appropriate Action After Getting Your Result

#### **\*Until you get your test result, act on the assumption that it will be positive.**

If your test is "Negative":

Continue preventative measures such as mask wearing and hand washing.



If your test is "Positive":

Stay at home without going out (You are subject to work restrictions).

If your physical condition does not change from its usual state, then stay calm as usual.

If your test is "Highly Likely to be Positive":

If you receive a PCR test at a testing center (not at a medical institution), and it is determined that there is a high possibility of a positive result, then consult with the medical institution you are referred to.

#### **What to do if you get a "Positive" result:**

- Buy fever medicine in case you get a fever
- Make sure you have enough of your regular medication, so you don't run out
- Stock up on drinks and food
- Contact people you have had "close contact" with and give them prevention / testing information  
(\*Refer to the back side)



For inquiries about the test you took and the result, please contact the location where you took the test, **not the Minato Public Health Center**

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## ~Common Questions~

Q1: The test price is different based on the testing location, but is the test itself the same everywhere?

Even if it says, "PCR test," it doesn't mean that all the tests are the same.

Additionally, there are differences in the information provided before and after the test and in the support system.

Get tested after learning more about the location that is administrating the tests

Q2: Instead of "Positive," I was told that I was "Highly Likely to be Positive." What does that mean?

Testing locations that collect saliva without a doctor (locations other than medical institutions) can only provide you with the test data.

At facilities like this, governmental guidance is to refer individuals who are "highly likely to be positive" to a medical institution.

Only a doctor can give you an actual diagnosis.

Q3: I don't have any symptoms, but I would like to get a test "just in case." What should be aware of?

There are many people who have almost no symptoms, even if they are infected, but even in those cases they may transmit it to other people, so be prepared to deal with a positive result. By being prepared, you won't become flustered or panicked.

Additionally, not all tests give 100% reliable results.

The results may not be accurate, especially if you have no symptoms at all or if you have not dined together maskless with an infected person.

Even if your result is negative, continue taking preventative measures.

Q4: What should my family and coworkers do if I get a positive test result?

If somebody had a maskless close conversation with you or had a meal together with you, etc., then they may be a "close contact."

**<General Rule: [Maskless] [1-Meter Distance] [15 min. or longer conversation] >**

In this case, on the assumption that they are infected, ask them to cooperate by refraining from going out for a certain period of time and staying home.

If they wish to be tested, then they can receive a test at a medical institution or a health center.

\*As of January 2021, the health observation period is 14 days.

Minato City is creating useful COVID-19 related materials and videos, so use the QR code on the front to access Minato City's website and make use of them.