

Preparing for COVID-19

~What You Should Know Now About Close Contacts~

We are now in a **situation where people don't know if they have become a close contact** or if they have become infected. Additionally, **even in locations like offices, it is difficult to predict if you will become a close contact.**

This leaflet summarizes what you should do if you have become a close contact, and also what business operators should do in regard to COVID-19.

We hope you will read it in advance and prepare for situations that may occur at any time.

For People who had a Maskless Conversation During the Probable Infection Period (Suspicion of Close Contact)



Q1: How should I think about "Close Contacts"?

- ▼ Close contacts are people who had a maskless conversation (or a mask pulled down to their chin) when eating or smoking together with an infected person during the probable infection period (from "2 days before onset" to "approx. 7 days after onset")
- ▼ As a general rule for close contacts, think of the distance for "face-to-face conversations" as "1 meter" and the time as "15 minutes"
- ▼ Additionally, if there was coughing/sneezing, poor ventilation, or conversations in a loud voice, then you were at a higher risk of infection
- ▼ Many individuals you live with (family members) and who spend time with their masks removed are close contacts

Q2: What should I do if I became a "close contact"?

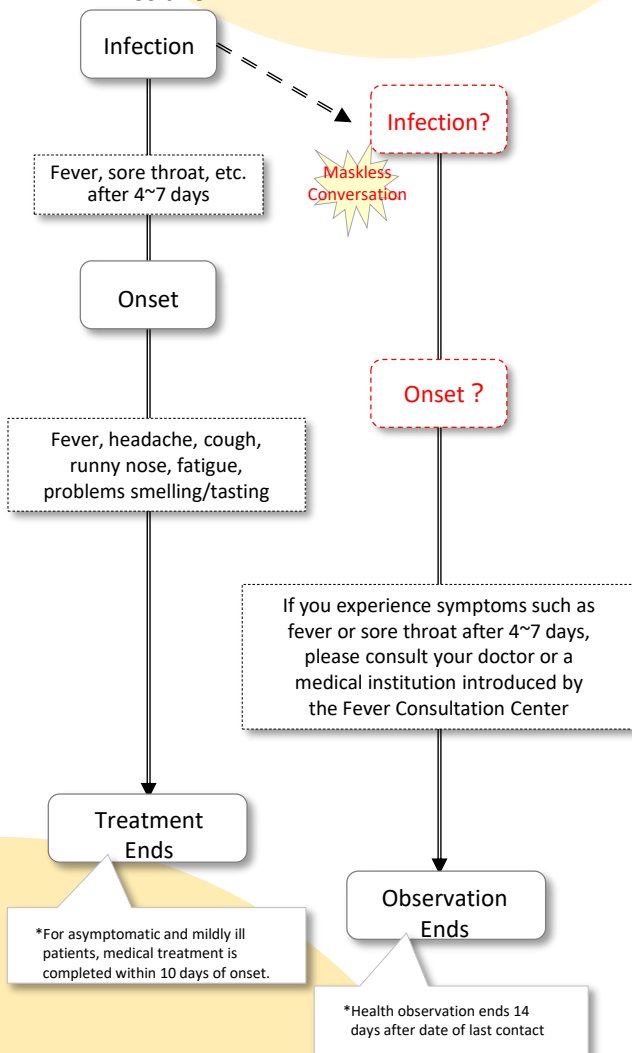
- ▼ 『**Stay at Home and Observe Health**』 (Request for Cooperation)
We are asking close contacts to stay at home for 14 days from the date they were last in contact with an infected person. There is no legal basis to enforce this, but if you develop COVID-19 during the 14-day stay-at-home period then this is a tool to prevent further spread to others. By notifying the population, we are asking for your cooperation to prevent the spread of COVID-19. When shopping, such as to buy food, etc., please wear a mask and return home, without talking, in the minimum amount of time.
- ▼ 『**PCR Test**』
PCR tests are available for early detection, even if you are asymptomatic (PCR tests are not compulsory). In Minato City you can receive a PCR test via ① a test at a health center, or ② a consultation at a clinic in Minato City. **Even if the test is negative, it will not shorten the 14-day stay-at-home period.**

Q3: How do I take a PCR test?

- ▼ Saliva tests are a common test method
- ▼ Don't eat, brush your teeth, gargle, or smoke for at least 30 minutes before a saliva test
- ▼ Test certificates cannot be issued for tests done at health centers
- ▼ If you need a medical certificate or test certificate, then go to a clinic in Minato City
- ▼ If you are a "close contact," then the medical institution will not charge you for the PCR test, and you will only have to pay the initial examination fee + handling fee

▼ COVID-19 Positive

▽ Close Contact



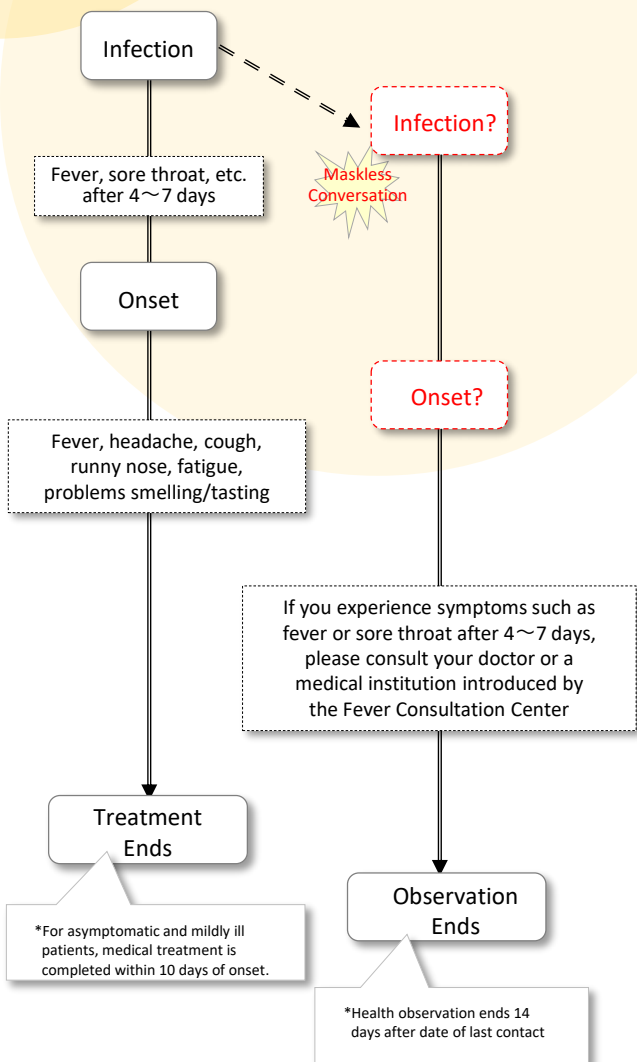
【Example】

- ▶ Jan. 1...Dinner with a friend near family's house
 - ▶ Jan. 2...Returned to Tokyo
 - ▶ Jan. 5...Friend contacts you about their infection
- ⇒ In this case, Jan. 1 will be the last contact date for 14 days
Stay at home (until Jan. 15)

For Business Operators who Receive Reports of "Infection" or "Close Contact" from Staff

▼ COVID-19 Positive

▽ Close Contact



Explanatory materials for company surveys are available on the Minato City Website, so please refer to them



▼ If you feel something is wrong with your health while staying at home...

▼ Tokyo Fever Consultation Center: [03-5320-4592](tel:03-5320-4592) (Open 24 hours)

▼ Minato Public Health Center: [03-3455-4461](tel:03-3455-4461) (Weekdays, 08:30 to 17:15)

Q1: What should I do if there was an infection or close contact?

▼ Please provide support and consideration to people found to be infected or close contacts so that they do not suffer damage such as prejudicial discrimination

▼ You must take the following steps if someone is found to be infected

① Disinfection

▽ Wipe infected person's desk and objects/places they often touched

▽ Wipe places like common objects/spaces that are often touched

*Wipe with detergent or disinfectant (Once is OK)

*Refer to the following for how to use detergents or disinfectants



Ministry of Economy,
Trade and Industry



Ministry of Health,
Labour and Welfare



② Publicize Outside Your Workplace (Note: As Necessary)

▽ If the infected person and their contacts can be identified and subsequent infection countermeasures can be taken, then it is not necessary to widely publicize it. As a general rule, publicizing, and what to publicize, is the responsibility of each organization. Please take care not to identify the relevant department or individuals or to cause human rights issues from damaging rumors

Q2: What should close contacts do?

▼ We are asking close contacts to stay at home for 14 days from the date they were last in contact with an infected person.

There is no legal basis to enforce this, but if they develop COVID-19 during the 14-day stay-at-home period then this is a tool to prevent further spread to others. By notifying the population, we are asking for your cooperation to prevent the spread of COVID-19.

▼ Even if a PCR test is negative during the observation period, the 14-day stay-at-home period will not be shortened

▼ A PCR test is not required after the 14-day observation period ends. They will not infect other people



Q3: What is an "Active Epidemiological Survey"?

▼ In an active epidemiological survey, the government, based on the Act on the Prevention of Infectious Diseases and Medical Care for Patients with Infectious Diseases, collects information from health centers, etc. on the outbreak of an infectious disease. This is useful in preventing a wider spread by estimating the overall picture of the outbreak, infection routes, and sources of infection.

▼ In an active epidemiological survey, the government mainly investigates and guides on the following two points:

① Droplet Transmission

Close contacts are determined by confirming workplace conditions and seating arrangements, etc. from a reconstruction of the patient's work status, last days at work, behavior history, and workplace, etc.

② Contact Transmission

Guidance will be given on using alcohol or sodium hypochlorite to disinfect places that are touched by an indeterminate number of people (doorknobs, light switches, etc.)

Created by

Minato Public Health Center 03-3455-4461 (Weekdays, 08:30 to 17:15)

Supervised by

Narumi Hori (Minato City Infectious Disease Specialist Advisor)

