

To Those Recuperating at Home – A Message from Minato City –

January 2021 (Ver 1)

Opening – What we want to convey –



We want to thank all those that are cooperating in infection prevention measures by recuperating at home. This leaflet compiles actions we would like persons recuperating at home to take. By doing so, you will be protecting not only yourselves, but also your friends and families. We wholeheartedly pray for your speedy recovery.

Six ways to spend time at home – For those recuperating –



Eat right and get plenty of rest.



Wear a mask when talking to others.



Try to stay in a different room and far away from others as much as possible.



Throw out garbage after tying the bag shut.



Fold clothes and sheets to launder into small piles.



We recommend showering or bathing last in your household.
If you go first, you should wash the bathroom using bathroom detergent.

Six ways to spend time at home

– For those living with a recuperating person –

※Those living with someone recuperating at home are treated as close contacts. The Minato Public Health Center will contact those persons regarding the health observation period.

Keep the number of people looking after a recuperating person as small as possible
(someone who is not pregnant or who does not have a chronic disease would be ideal.)



Wear a mask when speaking to a recuperating person.



Wash your hands and disinfect them with alcohol after entering a recuperating person's room or after taking care of them.



You can clean a recuperating person's clothes and cutlery as normal. Wash your hands after doing so.



Wash your hands after disposing of the garbage of a recuperating person.



If someone who has been looking after a recuperating person develops a fever, cough or other symptoms, consult with the family doctor.

If you feel worse while recuperating at home



Contact either of the following:

- ① Minato Public Health Center: [03-3455-4461](tel:03-3455-4461) (Weekdays, 08:30 to 17:15)
- ② Tokyo Fever Consultation Center: [03-5320-4592](tel:03-5320-4592) (Open 24 hours)

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)



– Frequently Asked Questions on Recuperating at Home –

Q1 When can I go back to work/school?

▼ Recuperating at home schedule

Date	/	/	/	/	/	/	/	/	/	/	/	/
Status	Onset (Day of Test)	Health Observation Period										Can return to normal
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	

***Even if you do not have a fever or other symptoms (symptomless), you can return to work or school 10 days after the day of your test**

Q2 Do I need a test before going back to school/work?

If you do not show any symptoms and feel well, you do not need a test.

Please continue to wear a mask when speaking to others or going to a place where there are many people.

Please continue to wash and disinfect your hands with alcohol after using the toilet or before eating.

Q3 Is there an effective disinfection method?

Various methods have been introduced to date.

▼ Ministry of Economy, Trade and Industry: “Disinfect household items using surfactant”

- ▶ The surfactant contained in a detergent can effectively remove COVID-19.
- ▶ A list of detergents containing surfactants, whose effects have been confirmed, has been released.
- ▶ We recommend using “home/furniture detergent” to disinfect household items.
- ▶ A method of disinfection using “kitchen detergent instead is shown when no “home/furniture detergent” is available.



▼ Ministry of Health, Labour and Welfare, Ministry of Economy, Trade and Industry and Consumer Affairs Agency: “Keep the environment around you clean.”

- ▶ We recommend careful hand washing using soap, liquid soap, etc.
- ▶ It has been proven that hot water, chlorine bleach, and some detergents are effective at disinfecting household items such as cutlery, handrails, and doorknobs.
- ▶ We introduce how to make sodium hypochlorite solution.



Q4 Can I learn infection prevention measures in an easy-to-understand video?

At Minato City, we have made an instruction video compiling basic infection prevention measures in an easy to understand format, and released it on the Minato City website as “Online Education on Minato City COVID-19 Infection Prevention Measures.” Please watch it.

Online Education on Minato City COVID-19 Infection Prevention Measures Video ▶

