

# To Those who Have Tested COVID-19 Positive

## 1 When symptoms are severe or worsen

Please monitor your health daily, and if symptoms worsen, please consult a familiar medical institution, your family doctor, or outpatient medical institutions at your discretion.

- List of medical institutions for outpatient services

[https://www.pref.kyoto.jp/kentai/corona/shinryo\\_kensa.html](https://www.pref.kyoto.jp/kentai/corona/shinryo_kensa.html)



If you have any problems on holidays or at night, please contact the Kyoto Novel Coronavirus (COVID-19) Medical Consultation Center.

- Those who live or are staying in Kyoto City

⇒ Kyoto City Consultation Dial for recuperating (available 24 hours a day) 0 5 0 - 3 6 1 4 - 9 5 7 5

- Those who live or are staying in a municipality outside of Kyoto City

⇒ Kyoto Consultation Dial for recuperating (available 24 hours a day) 0 7 5 - 7 0 8 - 7 1 5 9

## 2 Recommended period to refrain from going out

Until 5 days have passed from the date of onset and 24 hours after symptoms have improved (※1)

If your symptoms subside **before or on Day 4**



Day 0 <sup>※2</sup>	Day 1	Day X	Day X + 1	Day 5
Onset of symptoms		Lessening of symptoms		Final day of recuperation

24hours

If your symptoms subside **on Day 5 or later after onset**

Day 0 <sup>※2</sup>	Day 1	...	Day 5	Day X	Day X + 1
Onset of symptoms				Lessening of symptoms	Final day of recuperation

24hours

※1 Even if you have no choice but to go out when it is recommended to refrain from going out, please ensure you have no symptoms and wear a mask.

※2 If you have no symptoms, specimen collection date is day 0.



## 3 How to spend time while recuperating

Viral shedding is very high during the first 3 days after the onset of illness, and the risk of passing it on to others around you is particularly high during the first 5 days after the onset of illness, so care should be taken.

In addition, until 10 days have passed, due to the possibility of viral shedding, care should be taken, such as wearing a non-woven mask and avoiding contact with high-risk individuals such as older people.

If symptoms, such as coughing or sneezing continue after 10 days from the onset of illness, cough etiquette such as wearing a mask, should be practiced.

Please visit a medical institution as soon as possible if symptoms are severe (persistent high fever, difficulty in breathing, or consciousness disturbance).

## 4 LINE account "Kyoto City COVID-19 Support HIROMEZU"

If you register as a friend, you can access consultation and other necessary information through an easy-to-understand menu display.

And the health self-check function allows you to check the recuperation period by registering the date of onset of the illness.

For details, please refer to the city website below. (Only available in Japanese)

<https://www.city.kyoto.lg.jp/hokenfukushi/page/0000308965.html>

