

# To Those Who Diagnosed with COVID-19

- Keep this leaflet to help check you tested positive.
- Be sure to bring this when you come to another healthcare facility for further treatment.

To \_\_\_\_\_

Date of diagnosis: \_\_\_\_\_

Healthcare Facility \_\_\_\_\_

**We report only those with COVID as follows to Health Center.**

- ① Aged 65 or older
- ② When you need to be hospitalized
- ③ At high risk of severe illness from COVID and in need of COVID medication or starting supplemental oxygen
- ④ When you are...

**You are reported.**

- You will get contacted by Health Center via phone or SMS.

**You are not reported.**

- There is no contact from Health Center. For detailed precautions, check the Tochigi Prefecture's website.
- Sign up for Tochigi Health Center's Follow-up Center if you need some help and support.
- No certificate of completion will be issued.
- Call Tochigi Health Center for consultation.  
【Phone: 0570-000-189 (8:30-17:00)】

Find about help and support, guidelines for recovery, etc.  
on Tochigi Prefecture's website



[https://www.pref.tochigi.lg.jp/e04/welfare/hokeneisei/kansen/hp/johou.html#kansen\\_noukou](https://www.pref.tochigi.lg.jp/e04/welfare/hokeneisei/kansen/hp/johou.html#kansen_noukou)



**If your symptoms get worse, call the number on the back side.**



Tochigi Prefecture New Coronavirus Disease Headquarters



## If you tested positive

- Call us **when your physical condition deteriorates**, and you cannot contact your doctor or the healthcare facility which diagnosed your COVID.
- Available on weekends and holidays.

**【Day 8:30-17:15】**

Tochigi Health Observation  
Center

**Phone: 0570-052-189**

Contact your local Health Center  
helping monitor your symptoms.

**【Night 19:15-8:30】**

Center for Treatment and

**Phone: 0570-052-092**

In voice, press Navi-Dial number 3.

## Stay-home period

When the isolation period passes, your isolation ends.  
(There's no official notice from Health Center.)

**For 7 days** (with or without symptoms)

- If you haven't had any symptoms and **tested negative on Day 5**, you may **end isolation on Day 6**.

**Symptom onset:**  
(or date of specimen collected, if asymptomatic)

**Plus 7 days**  
**On Day 8, your isolation ends.**

**Stay home: until**

\*It is essential that 24 hours have passed since symptoms have improved.

You can pass on the virus (even if asymptomatic).  
So, you are asked to do the following measures: Monitor your symptoms;  
Avoid contact with others at high risk; Avoid contact with older adults; Avoid a non-essential visit to facilities at high risk; Avoid going to places at high risk of infection or to dine with others at high risk.

## Precautions when you stay home

- Avoid leaving your home**  
Except for when you get food or other necessities, at the minimum length and frequency. Make sure you never fail to take infection-preventive measures such as wearing a mask and avoid public transport. This exception is applicable only if you have had any symptoms or 24 hours have passed after your symptoms improved.
- Monitor your symptoms every day including taking the temperature**

## Close contacts of people with COVID

- See the Tochigi Prefecture's website for information ⇒⇒  
<https://www.pref.tochigi.lg.jp/e04/kouhou/nokohenko.html>

