

# Protocol after Finding Positive Coronavirus Cases at a Medical Institution

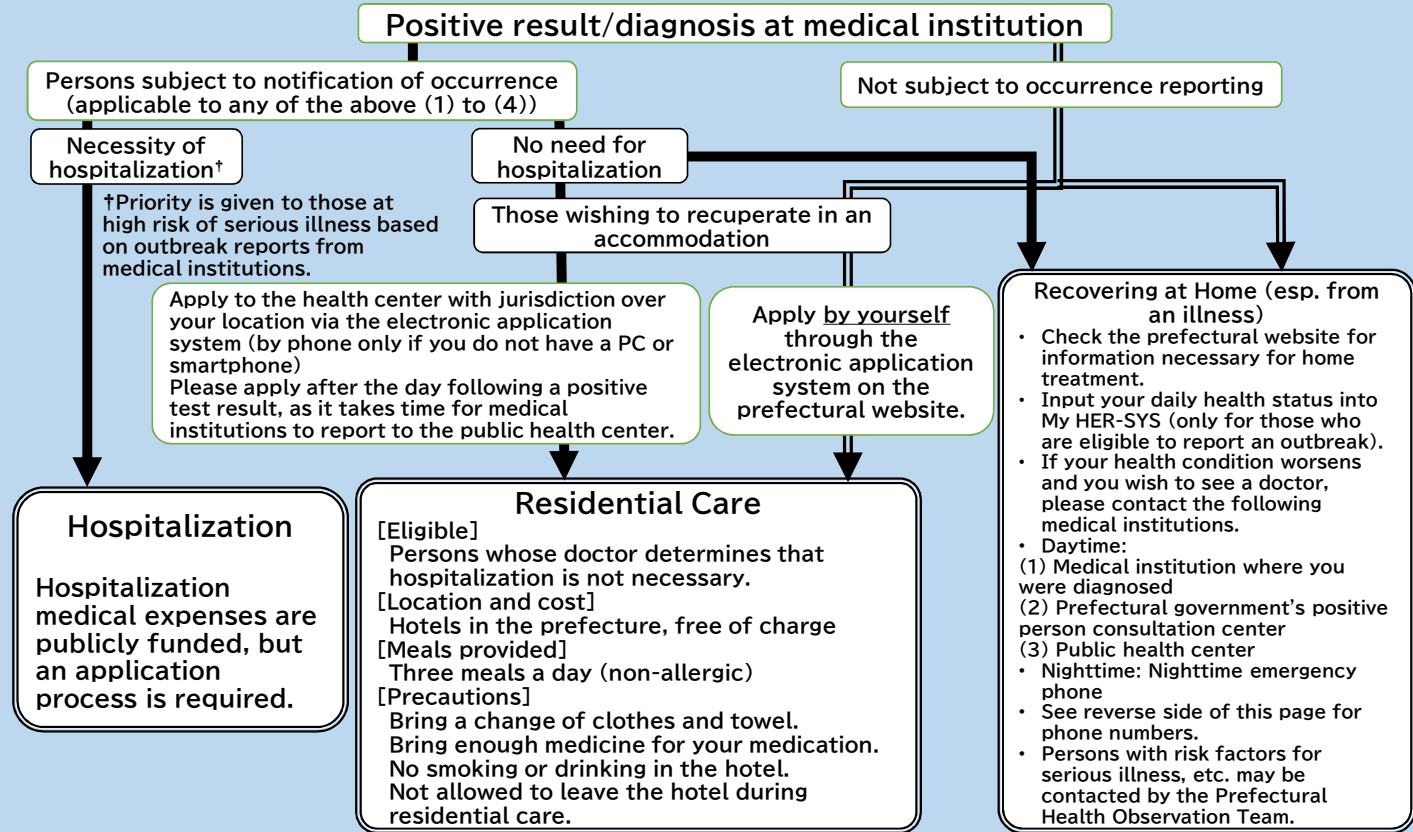
Subject of Occurrence Report

Persons diagnosed with the novel coronavirus infection who:

- (1) Are 65 years of age or older
- (2) Require hospitalization
- (3) Are at risk of serious illness\* and whose physician determines the administration of corona drugs or oxygen necessary
- (4) Pregnant Women

\* Risk factors for severe disease: unvaccinated (including those with only one vaccination), malignancy, chronic respiratory disease, chronic kidney disease, cardiovascular disease, cerebrovascular disease, smoking history, and Hypertension, diabetes, dyslipidemia, obesity (BMI over 30), immunocompromised status.

Protocol from positive test result to medical treatment



Period of Medical Treatment

	0 Days	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days	8 Days
Ex. 9/1	9/2	9/3	9/4	9/5	9/6	9/7	9/8	9/9	
[Symptoms] Date of Onset	Recuperation Period 7 days and 24 hours after symptom resolution‡							Release from Medical Care	
[No Symptoms] Date of Examination	Recuperation Period 7 days †						Release from Medical Care		
	Recuperation Period Negative antigen test on day 5					Release from Medical Care			

‡ If the patient is taking antipyretics or has fever or other symptoms on the last day of the recuperation period, the recuperation period may be extended. Please contact the health center or health observation team.

**If your health condition worsens, please consult the medical institution you visited as soon as possible.**

## Precautions

- Please refrain from going out during the recuperation period.
- (1) Symptomatic patients who have been symptomatic for 24 hours after symptoms have abated (within 7 days of the onset date) (2) Asymptomatic patients must take thorough infection control measures, such as wearing a mask, and are allowed to go out for a short time to buy groceries and other necessities without using public transportation.
- There is a risk of infection until 10 days have passed if there are symptoms, or until 7 days have passed if there are no symptoms. We ask that you check your own health condition by taking temperature, avoid contact with high-risk individuals such as the elderly, and people who are pregnant or having certain underlying medical conditions, avoid unnecessary visits to high-risk facilities and places with a high risk of infection or eating out and wear a mask.

## (Reference) Identification of Close Contacts

The following persons are identified as close contacts  
 (1) All persons living in the same household as the positive person  
 (2) In high-risk facilities (medical institutions, facilities for the elderly and children with disabilities) those who fall under the following concept of close contacts

### 【 Concept of Close Contacts 】

Persons who had contact with ① or ② during the period of possible infection of a positive person§

- ① Prolonged (more than 1 hour) contact in a car, etc.
- ② Contact for more than 15 minutes without a mask at a distance of hand touch (1 m as a guide) (including at work, during breaks, etc.)

§ 2 days prior to the onset date if the positive person is symptomatic, or 2 days prior to the date of specimen collection when the positive specimen was collected if the person is asymptomatic, until the person is released from medical care.

### Waiting Period for Close Contacts

5 days with the later of (1) or (2) as the 0th day (6th day release)

- (1) Date of onset of illness in positive cases (or date of specimen collection in asymptomatic cases)
- (2) The day when infection control measures are taken in the residence due to the onset of illness, etc. of the positive person.

However, if the antigen qualitative test kit is negative on the 2nd or 3rd day, the test is cancelled on the 3rd day.

# For those who have tested positive for COVID-19

For those recuperating at home or in accommodation

## 1. Regarding consultation when you are unwell

### Consultation with a physician using the medical consultation app 'Leber'

- When you feel unwell, you can use this medical consultation service on this app to have an online chat with a physician.



Medical Consultation App  
'Leber' Homepage  
<https://www.leber.jp/covid19.ibaraki/>  
(Japanese only)

## 2. Persons subject to notification of occurrence reporting

### (1) If you wish to recuperate in an accommodation facility

- Please submit an online application form to your local health care center.  
(a phone service is only available for those without computers or smartphones)

### (2) Regarding Health Management (Registration on (MY HER-SYS) of Health Observation)

- You will be sent a short message to the phone number you gave to the healthcare facility when you took your test so that you can register for MY HER-SYS.
- Once you receive this message, swiftly access the attached URL and enter the attached HER-SYS ID and register for the first time.
- Once you have registered, please start entering details of your current health condition. Please enter this twice a day, once around 11am and another around 3pm.
- If you are unable to properly register for the first time, please contact one of the numbers below.



Guidance for those  
positive for COVID-19,  
Prefectural Homepage  
(Japanese only)

### [Service for help with how to use MY-HER-SYS and automated calls (For the general public)]

Phone number: 03-5877-4805, 03-6885-7284, 03-6812-7818

Operating Hours: 9:30-18:15 (Except weekends and holidays)

\*You may need to wait a while until you receive your short message.

- The Prefectural Health Observation Team and health centers may contact you if they have any queries about your daily input or if your input cannot be verified.
- Should you not feel well or have any concerning symptoms, the phone number of the Prefectural Health Observation Team will be sent to you by short email for registration in MY HER-SYS, please check it and contact us.
- Furthermore, those recovering in Mito City should contact the appropriate contact information provided by Mito City.

## 3. Those who not subject to occurrence reporting

### (1) If you wish to recuperate in an accommodation facility

- Please submit an online application via the QR code on the right.
- When applying please enter the name of facility you received your test and the test date.

### (2) Regarding Health Management

- During the period of medical treatment, please take care of your health, such as taking your temperature.
- Should you not feel well or have any concerning symptoms please consult with those written below.

Daytime: ① The healthcare facility where you had the test

② Ibaraki Prefectural Office COVID Support Center (029-301-4269)

③ Local healthcare center

Nighttime: Nighttime Emergency Phone line 029-301-5380 (17:15~8:30)

(Please only contact this number in need of an emergency health consultation.)

### (3) Regarding the issuance of a recuperation certificate

- A certificate of recuperation cannot be issued to those without a report of diagnosis.
- In addition, the Ministry of Health, Labor and Welfare has requested that businesses and employees who have been infected do not request documents certifying the test results issued by medical institutions or public health centers.



About recuperation  
at accommodation,  
Prefectural  
Homepage  
(Japanese only)

Name	Phone Number	Jurisdiction
Central Public Health Center	029-241-0100	Kasma, Omitama, Ibarakimachi, Oarai, Shirosato
Hitachinaka Public Health Center	029-265-5515	Hitachiota, Hitachinaka, Hitachiomiya, Naka, Tokaimura, Daigo
Hitachi Public Health Center	0294-22-4188	Hitachi, Takahagi, Kita-Ibaraki
Itako Public Health Center	0299-66-2114	Kashima, Itako, Kamisu, Namegata, Hokota
Ryugasaki Public Health Center	0297-62-2161	Ryugasaki, Toride, Ushiku, Moriya, Inashiki, Mihomura, Ami, Kawachi, Tone
Tsuchiura Public Health Center	029-821-5342	Tsuchiura, Ishioka, Kasumigaura
Tsukuba Public Health Center	029-851-9287	Joso, Tsukuba, Tsukubamirai
Chikusei Public Health Center	0296-24-3911	Yuki, Shimotsuma, Chikusei, Sakuragawa, Yachiyo
Koga Public Health Center	0280-32-3021	Koga, Bando, Goka, Sakai
Mito Public Health Center	0120-845-567	Mito