



神奈川県

Novel Coronavirus Disease (Covid-19)

**Guidebook for Recuperation
at Lodging Facilities**

Excerpted version in English

**This guidebook is distributed to people
who had a test for Covid-19.**



Introduction

To those who are requested to recuperate at lodging facilities

Among people infected with Covid-19, those diagnosed as “patients with no or mild symptoms,” except for the elderly and those with underlying diseases, are requested either to recuperate at lodging facilities or at home by the public health center.

In that case, the public health center considers individual patients’ family situations and other conditions so that they can recuperate depending on their individual situation.

We would like to ask for the cooperation of every Kanagawa Prefecture resident so that coronavirus infections can be fully contained as soon as possible.

General Flow of Recuperation at Lodging Facilities

1) Outpatient consultation

A doctor will have a hearing on necessary information for recuperation from people who had a PCR test, showed a positive reaction and have mild or no symptoms. Please submit the hearing sheet to the doctor.

2) Preparation for recuperation

You need to prepare to stay at lodging facilities for recuperation while you are waiting for the results of your PCR test. Please see "Recuperation at Lodging Facilities" on page 3.

3) Notification of the results and movement to the recuperation facility

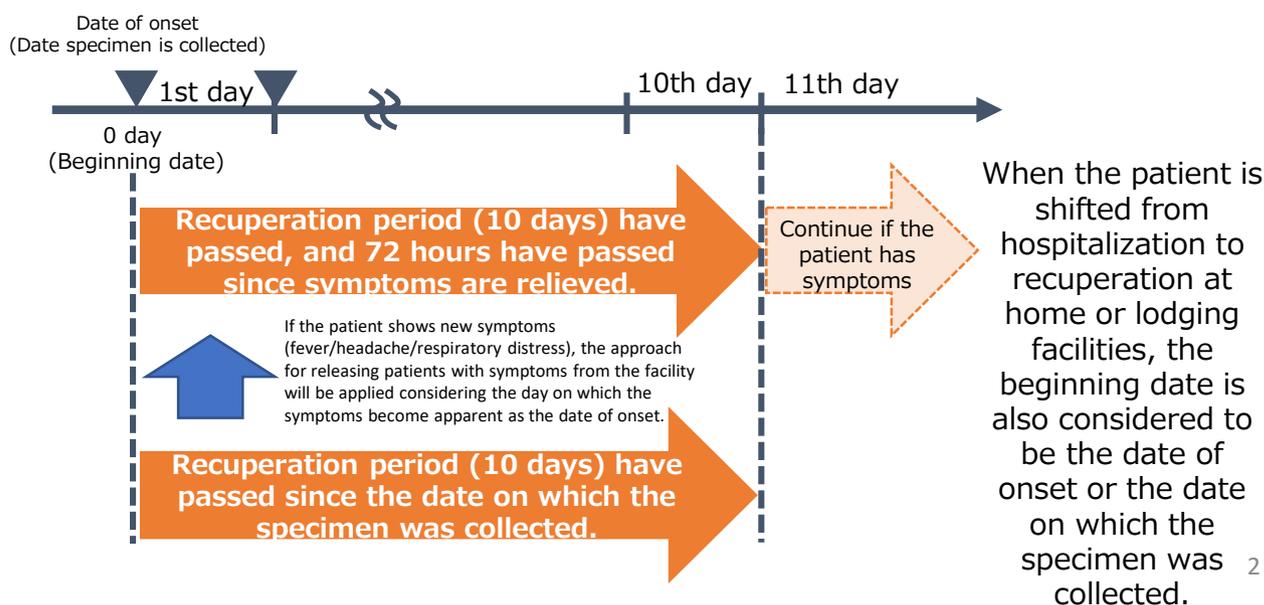
Test results will be informed to you by the medical institution or the public health center. If you test positive, the Prefectural government will call you to explain about recuperation. If you want to recuperate at a lodging facility, we will also explain about how to move to the facility.

4) During recuperation

According to the Notice of the Ministry of Health, Labour and Welfare, the recuperation period continues until the day after 10 days have passed (the 11th day) following the date of onset. (For those who have no symptoms or whose date of onset is not clear, the start of the period is counted as the date on which the specimen which tested positive was collected). During the recuperation period, you are required to stay in the facility or at home without going out. There are also precautions and various restrictions on life during the recuperation period. In addition, you need to report your daily health condition. For details, please see "Daily Health Management" starting on page 7.

5) Completion of recuperation

On the day you start recuperation, we will inform you of the expected completion date. When your symptoms are considered to be relieved, we will inform you of the completion of recuperation on the 10th day. However, if you have symptoms such as coughing or developing a fever during the last three days of the recuperation period, your recuperation period may be extended as necessary. The prefectural government cannot issue a "certificate of recovery," but can issue a "Certificate of Recuperation" at your request.



Recuperation at Lodging Facilities

Recuperation at lodging facilities

Patients will recuperate at lodging facilities provided by the prefectural and municipal governments of Kanagawa Prefecture.

Criteria for recuperating at lodging facilities

1. People who can rest at the facility
2. People who can live in a room at the facility
3. People who are independent in activities of daily living (ADL)
4. People who can use a mobile phone or a smart device to consult with staff members on their health condition

Example of people who can recuperate at lodging facilities

- People who want to avoid the risk of transmitting the virus to their family members
(e.g.: Family members include elderly people or a pregnant woman)
- People who can manage their health condition by incorporating some kind of exercise into their daily life even in a small space
- People who are relatively young or strong physically, and can deal with the stress of staying in a small space for recuperation
- People who live in areas with a flood risk or that are prone to sediment disasters and who may need to go to a shelter in the case of a typhoon or other disaster

Points to be noted

- During the recuperation period, you are not allowed to go out of the designated area of the facility.
- You must observe the rules of each facility.
- Packaged meals are provided three times per day at the fixed time.
- You are not allowed to receive goods from outside, such as online purchases or items presented from family members. In addition, it is prohibited to bring food in order to prevent food poisoning.
- Drinking and smoking is prohibited.

Lodging Facility

Lodging facility

The following photos are sample images of a lodging facility provided by the Kanagawa Prefectural Government.

Please note that similar types of rooms are not always provided.

Living space (example of a room with 11m²)



Bath and toilet



Example of a packaged meal provided by the prefectural government





To People Who Will Recuperate at Lodging Facilities (Preparation)

Expenses

You do not need to bear the lodging and food expenses.

However, if you lose the key of the room assigned to you, for example, you may be required to pay the expense.

Preparation of daily necessities

- Please be sure to bring cash, your health insurance card, Okusuri-Techo (a personal prescription record), smartphone/mobile phone (if you have one) and its battery charger.
- Please bring a clinical thermometer to take your temperature every day.
- You need to prepare necessary items on your own. However, please note that the storage space of the facility room is limited.
Examples of items that you need to bring: spare clothes, nightwear, mask, towel, toiletries including a toothbrush and shampoo, detergent, writing instruments, etc.
- Basic equipment including TV, refrigerator, and Wi-Fi may differ depending on the facility, so please confirm with the public health center before starting recuperation.

Preparation of medicine

- If you have a family doctor, please make a note of the doctor's contact information for caution's sake.
- If you are currently taking any medicine, please bring enough for about three weeks in order to avoid running out during recuperation at the lodging facility.
- If the medicine is likely to run out, you need to ask your family doctor to prescribe the medicine after having a medical examination by phone, etc.



To People Who Will Recuperate at Lodging Facilities (Recuperation)

Precautions during recuperation

- You are required to recuperate at the facility in accordance with the rules.
- You are basically required to spend time in your room during the recuperation period.
- You are not allowed to go out of the designated area within the lodging facility during the recuperation period. If you are allowed to walk out of the room to the designated area at the facility to receive a packaged meal, etc., you must wear a mask when you leave the room after confirming the designated time and area with the staff members of the facility.
- You are requested to keep contact with other lodgers to a minimum.
- Packaged meals are provided three times per day at the fixed time.
- You need to clean up your room by yourself.
- In doing the laundry, you need to wash by hand in your room, or if there are washing machines at the facility, you can use them. You are not allowed to dry your laundry outdoors.
- Drinking and smoking is strictly prohibited during the recuperation period as it may make it difficult to monitor your health condition correctly or worsen symptoms.
- You are not allowed to shop online, use delivery services, or bring goods and food in from outside, including those given to you by your family members.
- The Kanagawa Prefectural Government assumes no responsibility for loss or theft during the recuperation period.

Note: Operation methods may differ depending on the lodging facility. Please follow the guide of your lodging facility concerning specific time schedules and procedures.



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**Daily Health
Management**



Health Management during Recuperation

What you are required to do

When visiting a hospital

At the hospital, you will be asked to provide information necessary for follow-up during recuperation. Based on the information, we will decide your facility for recuperation and manage your health condition.

After you tested positive and have started recuperating

Every day

(1) Twice-daily temperature check

You need to **take your temperature and record it twice a day** in the morning and evening.

(2) Response to the regular confirmation of health condition

The Recuperation Support Desk staff members contact you every day to check on your health condition. At that time, they also ask the two temperature check results.

Regular confirmation is made **by phone.**

For details, please see the pages that follow.

If your condition worsens or changes suddenly

If you need to consult with us or contact us urgently concerning the worsening of your health condition at a time other than the regular confirmation session, please contact us at the following number. Depending on the situation, we will make arrangements to take you to a medical institution. Therefore, please contact the following number when you feel uneasy, even somewhat so, about your health condition.

If you develop urgent symptoms as described on the next page, please contact "Kanagawa Prefecture Coronavirus 119" immediately.

For inquiries and consultation about health condition and how to spend your time during recuperation

Kanagawa Prefecture Recuperation Support Desk 045-285-0598 (9:00 a.m. to 5:00 p.m.)

Emergency consultation service when your health condition worsens, suddenly changes, etc.

Kanagawa Prefecture Coronavirus 119 045-285-1019 (24 hours)

- ※ Whichever number you call, we will hang up once and call back through an interpreter.
- ※ The telephone in your room cannot make outgoing calls, so please call these numbers using your own mobile phone.

To People Who Will Recuperate at Lodging Facilities (Precautions during Recuperation)

- We understand that you have many concerns, but please be assured that our staff will support your recuperation.
- The staff will call you every day to monitor your health. So please answer about your health condition at that time.
- When taking your temperature twice a day, you are required to perform a self-check for whether or not you have the symptoms described below. If you have any of them, please contact the Kanagawa Prefecture Coronavirus 119 below immediately.
- Even at another time, if you develop any such symptoms, please contact the Coronavirus 119 immediately because emergency response needs to be taken.

Urgent symptoms

Expression/ appearance	Obviously look pale Lips have turned blue Different than usual, feeling strange
Feeling of dyspnea, etc.	Unusual breathing (increase in breathing rate) Sudden difficulty breathing Running out of breath when moving only a little Feeling chest pain Cannot lie down/cannot breathe without sitting Panting/wheezing
Impaired consciousness, etc.	Being absent-minded (responding poorly) Being half-conscious (no reply) Pulse skips a beat, feel that pulse rhythm is disturbed

Emergency consultation service when your health condition worsens, suddenly changes, etc.

Contact information:

Kanagawa Prefecture Coronavirus 119 045-285-1019
(24 hours)

- ※ Whichever number you call, we will hang up once and call back through an interpreter.
- ※ The telephone in your room cannot make outgoing calls, so please call these numbers using your own mobile phone.

Regular Confirmation by Phone (Every Day)

The Recuperation Support Desk staff call you once a day to hear about your health condition. At that time, the staff will also ask the two temperature check results, so make sure to take your temperature and record it twice a day in the morning and evening.

Please be sure to answer the phone call from the following number.



Phone No.: 042-698-9049

Note: The staff will contact you through an interpreter.

Temperature Check Report Form

Days of recuperation	Date	Morning	Evening	Memo of your health condition
Beginning date	/	°C	°C	
1	/	°C	°C	
2	/	°C	°C	
3	/	°C	°C	
4	/	°C	°C	
5	/	°C	°C	
6	/	°C	°C	
7	/	°C	°C	
8	/	°C	°C	
9	/	°C	°C	
10	/	°C	°C	
11	/	°C	°C	
12	/	°C	°C	
13	/	°C	°C	
14	/	°C	°C	
15	/	°C	°C	
16	/	°C	°C	
17	/	°C	°C	
18	/	°C	°C	
19	/	°C	°C	
20	/	°C	°C	

To Return to Society without Worry

Based on scientific grounds obtained from the latest academic research, the Kanagawa Prefectural Government has decided that patients will finish recuperation at lodging facilities without receiving a PCR test if they have no symptoms, including coughing or developing a fever, during the last three days of the 10-day period for recuperation (the Ministry of Health, Labour and Welfare's notice has also suggested the completion of recuperation in the same manner).

In addition, so that the prefectural residents who have been infected can return to society free from worry, the prefectural government will issue a document certifying that they have recuperated for the prescribed period of recuperation, if they wish.

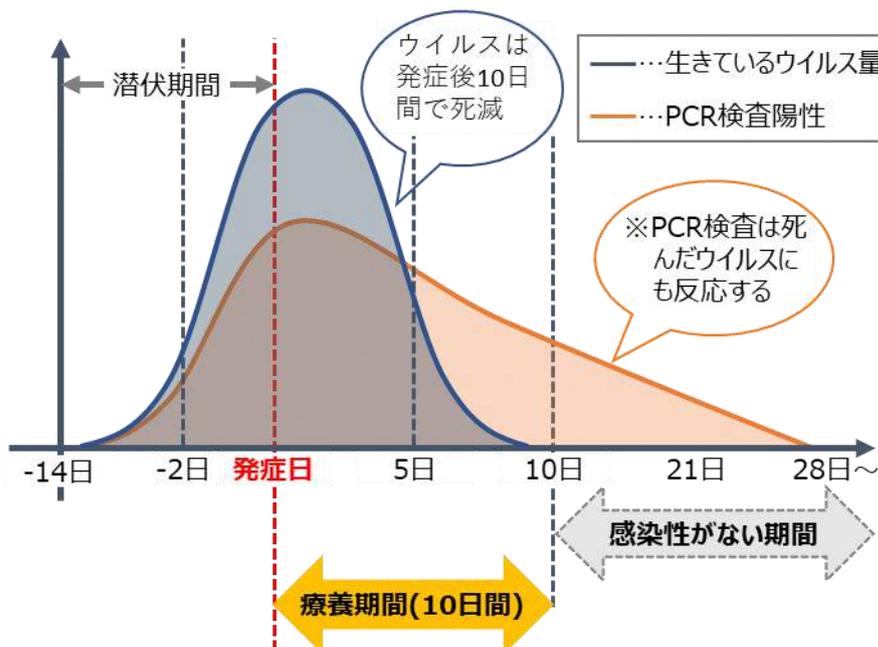
Introduction of scientific grounds

- Since the novel coronavirus in the body will die in about 10 days from the onset of symptoms, there is no possibility of passing the infection to other people if 10 or more days have passed since the onset of symptoms.
- Since the PCR test reacts to a fragment of the dead virus, there are cases when you may test positive over a long period, even though the virus in the body is dead.



Due to these reasons, it is possible to reduce the likelihood of transmitting the infection to other people to a minimum by confirming that patients have no symptoms, including coughing or developing a fever, during the last three days of the 10-day period from the date of onset or the date on which a specimen is collected. However, if patients have symptoms such as coughing or developing a fever during the last three days, their recuperation period may be extended so that they can finish recuperation without worry.

神奈川県における療養期間



- If symptoms reappear after they disappeared once, another three-day recuperation is required after they are relieved.
- If patients with no symptoms develop new symptoms, they need to recuperate for another ten days from that day.

In Finishing Recuperation

Thank you for your cooperation and patience in your recuperation.

Now you can go back to work or return to your daily life. However, we would like to ask for your cooperation concerning the following points for four weeks after the completion of recuperation.

According to the Ministry of Health, Labour and Welfare, in rare cases, patients infected with Covid-19 who have finished the necessary recuperation may test positive again. Therefore, to prevent yourself from testing positive again and prevent people around you from being infected, we will continue to ask for your cooperation concerning the following points **for four weeks after the completion of recuperation.**

● **Please take thorough general hygiene measures.**

- **Wash your hands** with soap or alcohol disinfectant solution.
- **Wear a mask.**
- Observe **good coughing manners.** (Cover your mouth and nose with a mask, tissue paper, handkerchief, sleeve, or the crook of your arm. Also, please wear a mask.)

● **Please confirm your health condition every day.**

- Take your temperature every day and confirm whether or not you have developed a fever (37.5°C or higher).

● **When you develop symptoms including coughing or a fever**

- **Please contact the nearest public health center** immediately, follow its instructions and visit a medical institution as needed.
- When you contact the nearest public health center and visit a medical institution, you need to make a phone call in advance to tell them that you have recuperated at home or at a lodging facility.

Please continue to avoid the “3 Cs” (Closed spaces, Crowded places, and Close-contact settings) and maintain social distancing when in contact with people.

For people who want to apply for a “Certificate of Recuperation”

For the detailed procedure, please contact the Kanagawa Prefecture Recuperation Support Desk.

045-285-0598 (9:00 a.m. to 5:00 p.m.)

Consultation Services during Recuperation

These are dedicated services
for those who tested positive for Covid-19 and are required to recuperate.

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and how to spend your time during recuperation**

9:00 a.m. to 5:00 p.m.

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