COVID-19: STEPS TO TAKE ACCORDING TO YOUR OWN CONDITION

SELF-QUARANTINED

- Have shortness of breath, strong feeling of weariness, high fever or have continued cold-like symptoms such as fever and coughing.
- As for elderly people, those with underlying health conditions and women who are currently pregnant, if having cold-like symptoms such as fever and coughing.

NEED TO CALL THE COVID-19 CONSULTATION CENTER.

- Be sure to report what you have been told from the consultation center to the residence office either by phone or email.
- If told that you do not need to see a doctor by the consultation center, need to go to the designated COVID-19 medical institution.

NEED TO GO TO THE DESIGNATED COVID-19 MEDICAL INSTITUTION

- If you have received the PCR test at the designated institution by the doctor, be sure to report that you need to receive the PCR test to the residence office either by phone or email before going.
- Need to go and stay at the designated room at the Shirokanedai Lodge Building A, until the day of the outcome of the test following the Level 1 self-quarantine instructions.

IF TESTED "POSITIVE" FOR COVID-19

- To be hospitalized at the designated medical institution or to be instructed to spend your time up till recovery at the place of stay prepared by the municipal government.

IF TESTED "NEGATIVE" FOR COVID-19

- Need to go receive the PCR test at the designated institution if advised by the doctor.
- Need to go to the residence office either by phone or email.
- Need to move and stay at the designated room at the Shirokanedai Lodge Building A, until the day of the outcome of the test following the Level 2 self-quarantine instructions.

CALL THE COVID-19 CALL CENTER TO SEEK ADVICE ON WHETHER YOU ARE A COVID-19 CONTACT PERSON OR NOT.

- Be sure to report what you have been told from the call center staff to the residence office either by phone or email.

IF TOLD THAT YOU ARE LIKELY TO BE A COVID-19 CONTACT PERSON

- Need to follow the self-quarantine instructions and keep record of one's condition using the self-health check sheet.
- Need to report to the residence office either by phone or email if you are to develop fever and other symptoms. If so, you will need to follow the steps required for those having fever and other respiratory symptoms.

IF TOLD THAT YOU ARE HIGHLY LIKELY TO BE A COVID-19 CONTACT PERSON AND WERE ADVISED TO CALL THE COVID-19 CONSULTATION CENTER FROM THE CALL CENTER STAFF:

- Be sure to report what you have been told by the call center staff to the residence office either by phone or email.
- Call the COVID-19 consultation center and report what you have been told to the residence office either by phone or email.

NEED TO FOLLOW THE LEVEL 1 SELF-QUARANTINE INSTRUCTIONS AND KEEP RECORD OF ONE'S CONDITION USING THE SELF-HEALTH CHECK SHEET.

- Need to report to the residence office either by phone or email if you are to develop fever and other symptoms. If so, you will need to follow the steps required for those having fever and other respiratory symptoms.

COVID-19 CALL CENTER (Tokyo)
(TEL) 0370-556-571
(CALL HOURS) 9:00-22:00 (INCLUDING WEEKENDS AND HOLIDAYS)
CONSULTATIONS ON COVID-19 INCLUDING PRECAUTIONARY MEASURES, WHAT TO DO WHEN YOU HAVE WORRYING SYMPTOMS, ETC.

COVID-19 CONSULTATION CENTER
WEEKDAYS ⇒ DAYTIME: 9:00-17:00
PUBLIC HEALTH CENTER of Your Ward District
WEEKDAY OFF-HOURS, WEEKENDS & HOLIDAYS ⇒ 01-5320-4592

Additional Notes:
- People with underlying health conditions are:
  - People having diabetes, serious heart conditions, chronic lung disease or severe asthma
  - People with chronic kidney disease undergoing dialysis
  - People who are immunocompromised or receiving cancer treatment

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- People with diabetes, serious heart conditions, chronic lung disease or severe asthma
- People with chronic kidney disease undergoing dialysis
- People who are immunocompromised or receiving cancer treatment