

# COVID-19: From Diagnosis to the End of Home Recovery



If you test positive from a COVID-19 self-testing kit

Seen by Medical Professionals/ Tested

- Those with possible COVID-19
- Those who are concerned about COVID-19

Registered as Positive for COVID-19

## Medical facility/PCR Testing Center

Those with symptoms who are at risk for severe COVID-19  
 → Visit a medical facility  
 Those without symptoms who are concerned they may have COVID-19  
 → Visit a PCR Testing Center



## COVID-19 Positive Registration Center

Information on registration can be found on the Hiroshima Prefecture website (Japanese)



(If positive)  
 Official Infection Notice or unofficial Infection Report

Unofficial Infection Report

### Infection Notices will be submitted for:

1. Those 65 and over
2. Those who require hospitalization
3. Those who medical professionals deem at high risk of severe COVID-19 and will need medical treatment or a supply of oxygen
4. Pregnant women

### Infection Notices will not be submitted for:

Those not listed on the left

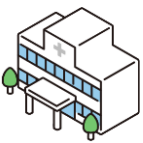
Will receive telephone calls to check their condition; place of recovery (hospital/lodging facility) can be arranged if necessary.



As a rule, patients will receive information about recovery via short message (SMS).  
You will not receive telephone calls.



### Hospitalization



### Lodging Facility



### Recovery at Home

**Those subject to Infection Notices:** The Follow-up Center will monitor your health.

**Those who are not:** Please monitor your own health.

- If you require us to send you a care package of food/sanitary items, please apply via the **specialized form** (link listed in SMS).
- For information about rules and more for recovering at home, please see the Hiroshima City website (scan the QR code; Japanese).



## End of Recovery Period

Your recovery period duration will vary depending on whether you have symptoms

### With

As a rule, your recovery period will end 7 days from the beginning of your symptoms and after 24 hours have passed since symptoms lessened.

\*For those who are in hospital or in an elderly care facility: your recovery period will end 10 days from the beginning of your symptoms and after 72 hours have passed since symptoms lessened.

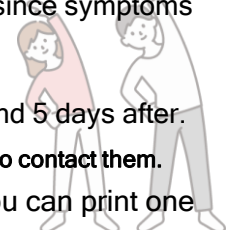
### Without

Recovery period will end 7 days after a sample was taken for testing.

\*If confirmed negative on the 5th day using a testing kit, then recovery will end 5 days after.

You will not be contacted by your health center regarding the end of your recovery period, nor do you have to contact them.

For those subject to Infection Notices and need a Certificate of Home/Lodgings Recovery, you can print one from the MY HER-SYS after the end of your recovery period.



# Regarding the recovery period

## Those with symptoms

As a rule, your recovery period will be 7 days from the beginning of your symptoms. However, if your symptoms lessen\* on the 7th day or later, your recovery period will be extended until 24 hours have passed since symptoms have lessened (\*your fever has broken without taking fever reducers and your respiratory symptoms are improving.)

For those who are in hospital or in an elderly care facility: your recovery period will be 10 days from the beginning of your symptoms and 72 hours since symptoms have lessened.

## Those without symptoms

Your recovery period will be 7 days from the day you had a sample taken to be tested. However, confirmed negative on the 5th day using a testing kit,\*\* then recovery will end 5 days after. If you did not have symptoms when first diagnosed, but developed symptoms during recovery, the day you developed symptoms will be treated as Day 0 and you will need to follow the procedure above for those with symptoms.

\*\*There are no age limits, but this rule will not be applied if it is difficult to obtain a sample with a testing kit.

\*\*You must purchase testing kits at your own cost and use kits which have received pharmaceutical approval.

Category		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11		
Those with symptoms	Those not listed below	Day symptoms appeared	7 days since symptoms appeared							Release	Strictly adhere to infection prevention measures				
	Those already in hospital or in elderly care facilities	Day symptoms appeared	10 days since symptoms appeared							24 hours since symptoms lessen		72 hours since symptoms lessen			
Those without symptoms	Those not listed below	Day sample was taken	7 days since sample was taken							Release					
	Those who tested negative using a testing kit on day 5	Day sample was taken					Negative result	Release	Strictly adhere to infection prevention measures						

If your recovery period has been extended (changed) and you need a Certificate of Home Recovery: you must contact your ward health center **before the end of your original (nonextended) period** so the health center can confirm details such as symptoms and date of release from recovery. **If you do not contact your health center, the recovery period printed on the Certificate of Home Recovery will be your original (nonextended) period and cannot, as a rule, be changed.** Note that only those subject to Infection Notices are able to receive Certificates of Home Recovery.

## Who to contact if your health worsens during recovery

### ■ Those with regular doctors

Please consult with your regular doctor.

### ■ Those without regular doctors or whose regular doctors do not offer online consultations

Please contact one of the medical facilities listed in the List of Medical Facilities Offering Telephone/Online Consultations for COVID-19 on the [Hiroshima Prefectural Government](#) website (Japanese).

### ■ Other places offering consultations

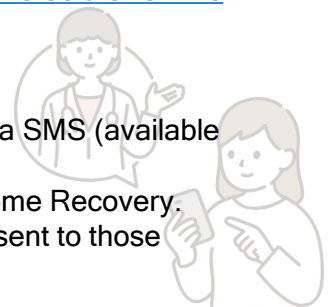
If it is difficult to consult with the two options above, you can also contact the [Hiroshima Prefectural Online Medical Consultation Center](#) (Japanese).

- Sunday/National Holidays from 10:30 am-5 pm (reception hours: 10 am-4 pm)

#### How to contact the Center

- Those recovering at home will be informed of contact information for the center via SMS (available for those quarantining at home only).

You can also consult with the Follow-up Center or Consultation Center for Patients in Home Recovery. Contact information and consultation hours can be found by clicking the link in the SMS sent to those recovering at home.



### ■ If the patient develops highly urgent symptoms

If the patient develops severe symptoms, such as being visibly pale and sickly, call 119 and request an ambulance. When calling, please be sure to tell the responder that you have COVID-19.

If you are unsure whether to call an ambulance, please consult with the [Hiroshima Regional Urban Area Emergency Consultation Center](#) (#7119; Japanese).