

Precautions against the Coronavirus and what to do if infected <English>

Ibaraki NPO Center Commons 2021.5.17

1. Declaration of a state of emergency and designation of priority measures such as prevention of infection

- The mutated virus infection has spread and causes a fourth infection spread.
- Nine prefectures including Osaka and Tokyo have declared a state of emergency. Until May 31. There is a possibility of extension.

• In 10 prefectures such as Saitama, Chiba and Gunma, priority measures to prevent the spread are taken.

- In designated areas, restaurants and large facilities are closed or shortened.

• There are areas in Ibaraki prefecture where the infection is increasing, so we need to be careful.

An increasing number of people are infected, raising the risk that hospitals will be full and unable to receive necessary medical care.

- Refrain from going out without necessity or urgency, and do not go to areas where a state of emergency has been declared.
- Mutant viruses are becoming more infectious. Outdoor barbecue outbreaks have also occurred.
- Unlike the state of emergency declared in February last year, schools are not closed.
- Traveling to and from India and other countries is also limited.

2. Vaccination has started.

- The local government will decide the order, such as medical personnel, people over 75 years old, and people over 65 years old.
- Vaccine coupons will be mailed to your home. The number is written on the paper.
- You can make a reservation for when and where to take the vaccination by phone, on the website or LINE.
- It's very difficult to connect to the phone number.
- You can't make an appointment by calling the hospital.
- Consult your primary care doctor if you are visiting a hospital regularly, or if you are concerned about an underlying disease.
- Pfizer's vaccine is given twice in 3 weeks.

3. When you're worried about your infection,

Take your temperature every day and keep track of who was in contact with you and where you went.

① Fever $\geq 37.5^{\circ}\text{C}$ or higher, taste symptoms, headache, and malaise may indicate infection.

② Care must be taken when a family member or a person you have recently met is infected.

①② In the cases of ①②, contact the company or the child's school or daycare center and refrain from going to work, school or daycare.

Make an appointment by phone to the hospital where you can take the PCR test. Don't forget your mask.

***Those who are designated as close contacts because their acquaintances or family members are positive will undergo a PCR test as directed by the public health center.**



· Corona information in Ibaraki Prefecture

Medical Examination and Counseling Center (8: 30 ~ 22: 00 Every day) 029-301-3200

4. How to spend time at home if the test is positive

Follow the health center's instructions on where to spend one's time. Don't go out without permission.

Even if the symptoms settle down, they can infect other people. The health center also gives instructions on when you can go out.

<Eight important points>

① Spend time in different room. The positive person and other family members should divide the space, such as a meal or bedroom.

(Leave more than 2m apart or set partitions, etc.)

② The caretaker of the infected person should be fixed. (Avoid people with chronic diseases or pregnant women)

③ Wear a mask If you remove the mask without touching the surface of the mask, treat it with care for hygiene and wash your hands.)

④ Hand wash and disinfect frequently (Do not touch eyes, nose, or mouth with hands)

⑤ Ventilate

⑥ Disinfection of hand touching areas (Door knobs, toilets, switches, etc.) Do not share the towel.

⑦ Wear gloves and a mask when washing clothes and dry them completely.

⑧ Seal and dispose of garbage (The tissue used to blow the nose should be immediately put into the garbage bag.)

5. Q & A

Q1. My family had a PCR test. Can we go to the company, school or nursery school?

A1. Family members who live together do not go to nursery school or work after the decision to take the PCR test.

Please tell the nursery school that your family has been examined.

If you live with a family member who has got PCR test and you have not been tested yourself, whether you can go to work, school or kindergarten depends on the symptoms of the person who has been tested.

Please consult the medical institution or health center before going out.

Q2. Costs for PCR test

A2. When you are designated as close contacts and takes PCR test as directed by the health center, it will be free of charge.

When you are examined at a fever outpatient clinic and have a PCR test recommended by your doctor, it will be free of charge, but you should pay the doctor's consultation fee before the test. (30% self-pay).

If you do not have a fever and undergo a voluntary examination, it will not be covered by medical Insurance (100% self-pay).

Information for Foreign Nationals of the Japanese Government

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/jigyounushi/page11_00001.html (You can also access it from the QR code on the right.)



Vaccine preparation sheet

A multilingual version of the vaccine preparation sheet is posted. You need to fill in the Japanese version and submit it, but please use it as a reference when you fill it out.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_tagengo.html

