
February 20, 2020

[PDF linked file] 新型コロナウイルス感染症についての相談・受診の目安

Guidelines for consultation and medical exams for COVID-19 (*shingata korona virus*) infections

1. Things to keep in mind before consultation and medical treatment

- If you have cold symptoms including fever, please take a break from school or work and refrain from going out.
- If you have cold symptoms including fever, please measure and record your body temperature every day.

2. Guidelines for persons who have returned from abroad or are otherwise in need of contacting the consultation center

- If you fall into any of the following categories, please contact the *kikoku-sha sesshoku-sha* center (帰国者・接触者相談センター)
 - ・ Symptoms of a cold or fever of 37.5 degrees or more, lasting 4 days or more. (The same applies to those who have been taking fever reducing medicine for 4 days or more)
 - ・ Those who have severe lack of energy (malaise) or breathlessness (dyspnea)
- The following people are more likely to be seriously ill, so if this condition persists or if it lasts for about two days, consult the *kikoku-sha sesshoku-sha* center (帰国者・接触者相談センター)
 - ・ Senior citizens
 - ・ Patients with diabetes, heart failure, respiratory disease (COPD, etc.)
 - ・ Those who use immunosuppressants or anti-cancer drugs

(For pregnant women)

For pregnant women, please consult the *kikoku-sha sesshoku-sha* center (帰国者・接触者相談センター) as soon as possible, just like those who are more likely to become seriously ill.

(To those who have children)

At this time, there are no reports that children are more likely to become seriously ill. Please follow the guidelines described here for children also.

○ At the moment, there are also an overwhelmingly large number of illness other than the COVID-19 (shingata korona virus) going around, if you are worried about influenza, please consult your regular doctor as usual.

3.Request to people intending to seek care at medical institutions for COVID-19 (shingata korona virus)

○ Please visit a medical institution recommended by the kikoku-sha sesshoku-sha center (帰国者・接触者相談センター). It is not recommended to visit more than one medical institution.

○ Wear a mask at the medical institution, thoroughly wash your hands, and practice good cough etiquette (please use a mask, tissue, handkerchief, or sleeve to cover your mouth and nose when coughing or sneezing).