

If you or your family becomes infected with Coronavirus or close contact (possibly infected person),

○ Follow the below steps so that you don't infect your family, friends or anyone around you.

1. Contact the School, Children's Future Garden, Children's Club or Workplace as soon as possible !

- If anyone in your family is infected or has had a concentrated contact (someone who may have been infected), contact the school, children's future garden, children's club or workplace as soon as possible.

2. Let's split up the room! Don't go out there!

- Infected persons and heavy contacts (those who may be possibly infected) should separate a room with those who are well.
Also separate your room when eating or sleeping.
When there are few rooms, keep a distance of 2 meters between them and separate them with curtains or partitions.
- Infected persons and high risk of contacts (those who may be infected) should stay in their rooms as much as possible. (Minimize the use of the space where other family members also use such as restrooms, bathrooms etc.)
- Don't go outside if you are infected or have concentrated contact with someone (who may have been infected).
- Concentrated contacts (people who may have been infected) should not go outside for two weeks from the date of their last meeting with an infected person, as a negative PCR test result does not always mean that they are not infected with coronavirus.
- Even if you are a healthy family member, don't go outside the house.
- If you or your family member becomes infected or becomes a heavy contact person (a person who may have been infected), be sure to inform the workplace, school, or nursery that you have been infected with the coronavirus and may have been infected.

- Ask a specific person to take care of the infected person and the concentrated contact person (who may have been infected) and avoid being taken care of by children, the elderly, people with heart or lung illness, people with diabetes, pregnant women.

3. Let's not transmit coronavirus.

- Everyone in the family should wear a mask even in the house.
- Do not take the used mask out of the room.
- When removing the mask, do not touch the surface of the mask, and hold the string on your ear.
- After removing the mask, always wash your hands with soap or alcohol hand sanitizer.
- Frequently wash your hands with soap or disinfect with alcohol.
(Be careful not to touch the eyes, nose, or mouth with unwashed hands)
- Do not use the same towels used for toilets, washrooms, baths and kitchens as other family members.
- Let's open the window frequently. Even when using air conditioning, open the windows frequently. Open windows in shared spaces (toilet, washroom, kitchen, living room, etc.) and other family rooms.
- Wipe down frequently touched areas such as doorknobs, desks and chairs with diluted household chlorine bleach (e.g. Kitchen Hyter) before wiping them down.
→ Add 25ml (1 cap of kitchen hyter) of chlorine bleach (kitchen hyter) to 500ml (1 plastic bottle) of water. Soak it in a paper towel or kitchen paper and wipe the area that is often touched by people. After wiping, wipe the area with more water.
- When touching clothes dirty with sweat, wear gloves and masks, wash them with a common household detergent, and dry them completely.

4. In addition, note the following:

- Infected people, concentrated contacts (possibly infected people), and families living with them should avoid going out as much as possible, even if the temperature is not higher than 37.5°C.

- If your body temperature is higher than 37.5°C or if you have a lot of coughs and you feel unwell, please call the public health center for advice.
(Consultation counter of Aichi Prefectural Konan Health Center, phone number 0587-55-1699)

5. FAQ

Question 1: Who should I talk to if I might have a coronavirus?

Answer: please call the Konan Public Health Center in Aichi Prefecture.

The number is 0587-55-1699.

Hours: Monday through Friday, 9:00 a.m. to 5:00 p.m.

※ No interpreter will be available. Please have someone who can speak Japanese call.

Question 2: What is a PCR test?

Answer: It is a test to know if you are infected with coronavirus.

Question 3: Is the PCR test free? Where can I inspect again?

Answer: There is no charge (¥0) for those who are told by the public health center that a PCR test is required. The inspection will be done at the hospital told by the public health center.

Others are charged.

Question 4: Will my name be transmitted to others when I report it to school?

Answer: Personal confidentiality is protected. The name is not transmitted to others.

Question 5: I'd like to consult about life, what should I do?

Answer: Please call the Aichi Multicultural Center. Interpreters are available.

Phone number: 052-961-7902

Hours: Monday through Saturday, 10:00 a.m. to 6:00 p.m.

[Interpretable words]

Portuguese, Spanish, English, Chinese, Filipino Tagalog

Vietnamese, Nepali, Indonesian, Thai, Korean, Myanmarese