

Close Contact Checklist

If a friend or colleague has tested positive for COVID-19, but you were asked not to get tested, (i.e. you were not contacted by a public health center), please do this checklist to determine whether you have been in close contact.

First, ask the person who tested positive for further details

<Things to confirm with the person who tested positive>

✓ When did they first develop symptoms? → _____ (MM/DD)

*If the person who tested positive did not have any symptoms, ask for their test date instead.

✓ When did they test positive? → _____ (MM/DD)

↓ Continue to step 1

① Calculate the period in which you could have been infected

For contact with people with symptoms:

→ Any time after two days before the onset of their symptoms: _____ (MM/DD)

For contact with people without any symptoms

→ Any time after two days before the date of their test: _____ (MM/DD)

You are likely not infected. You have finished this checklist. Please continue to take preventative measures against infection.

No →

② Have you met with them during that period?

↓ If you have met them, go to step 3

③ In what kind of setting did you meet with them?

Neither applies

The infected person and I were within arm's reach (about 1 m) of each other for more than 15 minutes. Neither of us was wearing a mask.

The infected person and I were within arm's reach (about 1 m) of each other for more than 15 minutes. I was wearing a mask, but they were not.

↓ If either applies, go to step 4

④ What were you doing when you met? (circumstances of contact)

None apply

Talking Eating/drinking Smoking We were together in a poorly ventilated room Karaoke We were in a car together

↓ If any of the above apply:

You are considered to have been in close contact

PTO

Requests to those who have determined themselves to be close contacts

Please quarantine at home for 7 days, counting from the day after you last met with the infected person.

| Last contact | 1 st day | 2 nd day | 3 rd day | 4 th day | 5 th day |
|---------------------|---------------------|---------------------|---------------------|---------------------|--|
| (MM/DD) | (MM/DD) | (MM/DD) | (MM/DD) | (MM/DD) | (MM/DD) |
| 6 th day | 7 th day | | | | |
| (MM/DD) | (MM/DD) | | | | ※ <i>Fill in the dates to confirm!</i> |

- ✓ Check your temperature daily and monitor your own health
- ✓ Refrain from going out unnecessarily
- ✓ Please be extra thorough in preventative measures against infection to protect those around you

If you develop a fever or other symptoms while quarantining at home

○ Firstly, please call your “family doctor” for advice

○ If you do not have a family doctor, please call the following number (Center for Medical Examinations and Consultations)

【☎ 0954-69-1102】

【For inquiries】

○ Jan. 25 or later:

Call Center for Close Contacts

【☎ 0952-97-5179】

○ Until Jan. 24:

Saga Prefecture Health Promotion Division

【☎ 0952-25-7075】

○ For inquiries regarding COVID-19 in foreign languages (for consultations, referrals to medical institutions, etc.):

【☎ 092-687-5535】