

COVID-19 Checklist July 22, 2022 edition

If you are worried you might be infected because someone you recently met has tested positive for COVID-19, please use this checklist to see if you might be infected.

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)

The probability that you are infected is low. 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:

There is a chance you are infected

PTO

Requests to those who have determined there is a chance they are infected

Please quarantine at home for 3 days, counting from the day after you last met with the infected person.

Last contact	1 st day	2 nd day	3 rd day
(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)
4 th day	5 th day	※ Fill in the dates to calculate your quarantine period!	
(MM/DD)	(MM/DD)		

Please do the following until day 5

- Check your temperature daily and monitor your own health. Please help spread infection by practicing preventative measures, such as wearing masks, regular handwashing, etc.
- Please refrain from meeting with people who are at high risk of getting very sick from COVID-19. Please refrain from going to places where there is a high risk of spreading infection, or eating together in groups.

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】 (available from 6:00 a.m. to 10:00 p.m.)

【Phone numbers for medical examinations and other consultations】

○ For general inquiries about COVID-19 in Japanese:
 【☎ 0954-69-1103】 (available from 6:00 a.m. to 10:00 p.m.)

○ For inquiries regarding COVID-19 in foreign languages (for consultations, referrals to medical institutions, etc.):
 【☎ 092-687-5535】 (available from 6:00 a.m. to 10:00 p.m.)