

# What to do when you have COVID-19

## How long do I have to stay home to monitor my condition?

- You need five days after you get COVID-19 to be considered no longer a major infection risk. Therefore, you are requested to stay home until the 5<sup>th</sup> day from showing the symptoms and continue to do so up to 24 hours after all the symptoms have disappeared.
- You are considered an infection risk until the 10<sup>th</sup> day of getting COVID-19. Therefore, you are requested to wear a non-woven face mask. You are also asked not to meet elderly people face-to-face as well as those who have underlying medical conditions.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	~up to Day-10
The day you first showed symptoms						[In order not to infect other people with the disease]  Wear a non-woven face mask Avoid meeting people who are old and/or have underlying conditions
	*Wear a face mask when you go out to prevent spreading the disease to others.					

## What to do when living with someone who has COVID-19

- Stay in separate rooms whenever possible. Designate a person to exclusively take care of the patient.
- During the first five days someone in your home showed symptoms, pay special attention to your health condition because the patient remains an infection risk until the 7<sup>th</sup> day. You are advised to practice the usual prevention measures, including thorough handwashing, good ventilation, wearing non-woven face mask, and avoid meeting elderly people and/or those with underlying medical conditions.

- **Inquiry for any questions about the coronavirus**  
→ The medical institution or family doctor you usually go to, or the health center where you live
- **Where to get advice if your child becomes unwell at night or on holidays**  
→ Telephone Consultation for Children's Medical Care; call #8000 (Japanese Only)

Gunma Prefecture  
Website

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