

# What to do when someone you know tests positive for COVID-19

~Preparing for COVID-19 infections~

## My friend got COVID-19! What's the risk I caught it too?

### ① Date your friend started showing symptoms

\*If asymptomatic, date of positive test

MM/DD/YYYY

### ② 2 Days before ①

MM/DD/YYYY

### ③ The date you last met your friend

MM/DD/YYYY

This date is crucial!

Is ③ before or after ②?

Before

Low risk of infection

After/Same Day

When you met your friend, did you have contact in a way that meets the following conditions?

- ✓ You talked with the infected friend for over 15 minutes, within a distance of 1 meter, and your friend did not wear a mask.

\*When judging your risk of infection, please consider the state of your surroundings in addition to your use of masks.

Yes

### Consider self-isolating

- Refrain from unnecessary outings, preferably for 5 days from contact
- ▶ Minimize unavoidable outings (such as shopping for groceries), and when you do go out, avoid crowds and try to finish your errand in a short time. Also, please wear a mask and thoroughly disinfect your hands.
- ▶ Until 7 days have passed, please be sure to check your health condition (such as taking your temperature,) and follow proper measures against infection, such as wearing a mask. In addition, please refrain from contact with high-risk individuals, avoid unnecessary outings to high-risk places, and keep from dining with others, etc.

No

### Be careful with your interactions with others

- Please refrain from the following actions for 7 days after you last met your friend
  - ▶ Interacting with those with a high risk of developing serious symptoms
  - ▶ Entering high-risk facilities (Hospitals, Nursing homes, etc.)
  - ▶ Eating or drinking socially (e.g. at a bar or club, etc.)
  - ▶ Going to large-scale events
- Carefully observe your health and follow proper infection countermeasures

Everyone's co-operation is essential to stop the spread!

## If you have symptoms...

This also applies during the 7 day health observation period.

### ① Consult your family doctor (GP)

Call before going to the clinic, and tell them that you have been in contact with someone who contracted COVID-19. Please consult your clinic regarding the costs of the examination

### ② If you don't have a family doctor, please call one of the following institutions below

- Hokkaido COVID-19 Health Support Center ☎0120-501-507 (24hrs)
- Your nearest Medical / Testing Facility



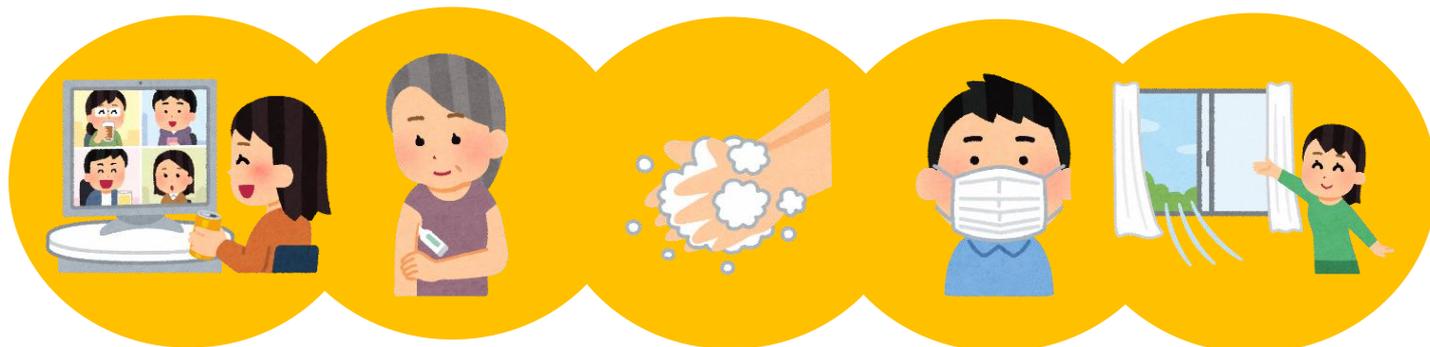
Medical / Testing Facilities  
Hokkaido Gov't HP

# What to do when someone you know tests positive for COVID-19

～Preparing for COVID-19 infections～

At present, we are in a situation where anyone could contract COVID-19 anytime, anyplace from anyone. Even if someone close to you, such as a close friend or acquaintance, is infected, it is important to take measures against infection on a daily basis to prevent yourself being infected.

This leaflet is a condensed list of the things we would like you to do if you are told by someone you know that they have been diagnosed with COVID-19. We ask for your understanding and cooperation to protect your health and the health of those around you.



Q1 What to do if I am told by someone I know that they have been diagnosed with COVID-19

A1 Check the following things with the person who caught COVID-19

◆ Things to ask:

✓ The test date    ✓ The day of the onset of illness (symptoms)\*

✓ The days when you interacted starting 2 days before the onset of illness \*If asymptomatic, date of test

◆ Check if there is a possibility of infection

◆ Monitor your health and see if you have any symptoms.

Q2 What is the risk of infection?

A2 Please refer to the following scenarios.

- ◆ At risk individuals are those who have spoken with the infected individual **with no mask or an improperly fitted mask** during the period during which they were contagious (from 2 days before the onset of symptoms until the start of hospitalization or home quarantine.)
- ◆ The guidelines for “close contact” are **speaking face to face within a distance of 1 meter**, for **over 15 minutes**.
- ◆ In addition, if there was coughing or sneezing, poor ventilation, or raised voices, then there is also a possibility of infection.

<https://www.niid.go.jp/niid/ja/diseases/ka/corona-virus/2019-ncov/2484-idsc/9357-2019-ncov-02.html>