

Requests to those who test positive for COVID-19

~ What to do if you test positive ~

- ① Please contact your school or place of work.
- ② Please contact the people you have come into contact with before and after the onset of COVID (those who may have contracted the virus.) *Not including members of the same household.

For ②

How likely is it that Person A, whom you have had contact with, has contracted the virus?

① Date your symptoms started

*If no symptoms, date of test

MM / DD / YYYY

② Date 2 days before ①

MM / DD / YYYY

③ Last date you had contact with Person A

MM / DD / YYYY

This date is crucial!

Is the ③ date before or after the date for ② ?

BEFORE

Low possibility of infection

NO

AFTER

If you had contact in the following way, there is a **possibility of infection**

You didn't wear a mask, stood within touching distance (1m) and spoke for more than 15 minutes.

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

YES

Person A has a possibility of infection

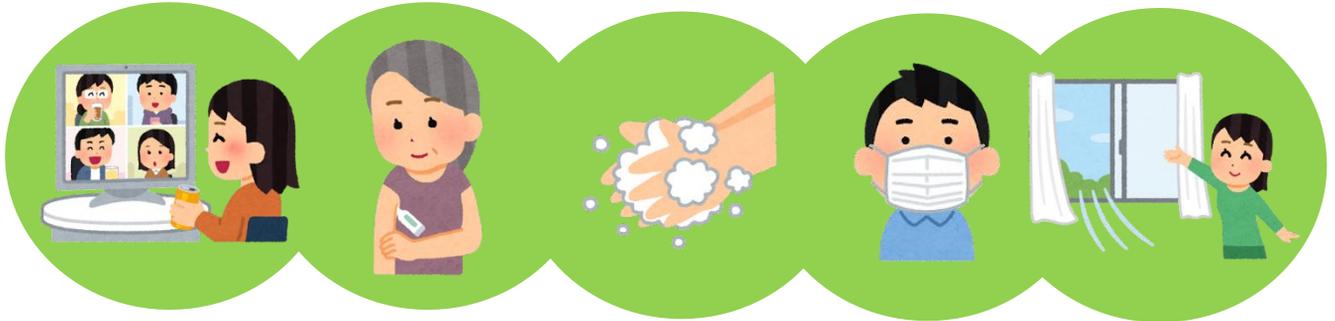
Please contact Person A, and inform them that they may have contracted the virus.

Requests to those who test positive for COVID-19

~ What to do if you test positive ~

At present, we are in a situation where anyone could contract COVID-19 anytime, anywhere from anyone. To keep yourself, and those close to you, safe from COVID-19, it is important to take measures against infection on a daily basis.

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



Q1 What should I do if I test positive for COVID-19?

A1 Please check if there is anyone who has a **possibility of infection** (excluding members of your household) and contact those at risk as follows:

- ◆ Things to check
 - ✓ Your test date
 - ✓ The date your symptoms started
 - ✓ The **people you had contact with** since 2 days before symptoms started.*
- *For those with no symptoms, 2 days before test date
- ◆ Contact the people for whom there is a possibility of infection as outlined in Q2, and tell them they may have contracted the virus.

Q2 What type of situations could lead to the possibility of infection?

A2 Please refer to the following type of situations:

- ◆ At risk individuals are those who have spoken with the individual who tested positive **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.

Reference: National Institute of Infectious Disease

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