

# COVID-19

## For Patients Recovering at Home



TOKYO METROPOLITAN GOVERNMENT

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## Bureau of Social Welfare and Public Health Website

● [New-style Coronavirus health and medical information portal](#)



● [Assistance to people undergoing medical treatment](#)



## Request to Monitor Health when Recovering at Home



Refrain from going out during the at-home recovery period. Monitor your health condition by taking your body temperature twice daily.



The risk of serious illness can be detected early by monitoring the level of oxygen in the blood (SpO<sub>2</sub>). Measure your SpO<sub>2</sub> with a pulse oximeter.



Check your health condition by LINE or phone based on the information provided by public health centers.



Drinking alcohol and smoking are strictly prohibited. (as there may be a difficulty in accurately assessing your health condition, or your symptoms may worsen)



If you are on any medication, consult your family physician on the medication you can take during the at-home recovery period.



If symptoms (fever, cough, phlegm and malaise, etc.) worsen, immediately contact a public health center, a follow-up center for patients recovering at home, or your family physician.

Checkpoints on the next page

### - How to Use a Pulse Oximeter -



- Place your finger in the oximeter such that your finger touches the sensor part.
- Do not move your hand and measure in a resting state.
- The oximeter may not respond if your fingertips are cold, your fingers are dirty, or applied nail polish on the nails.

## If Your Physical Condition Deteriorates or Suddenly Changes when Recovering at Home

- Regarding your health condition, check if you have any symptoms corresponding to the checkpoints listed on pages 2 and 3. (Checkpoints marked with \* should be checked by a family member or person living with the patient.)
- If your symptoms worsen, call **an ambulance, your family physician, a public health center, a follow-up center for patients recovering at home, or a home recuperation support center (UCHISAPO Tokyo)**, depending on your symptoms.

### Expression and appearance

- 1 Visibly pale complexion \*
- 2 Purple lips
- 3 Unusual, strange appearance \*

### Breathlessness, etc.

- 4 Hard breathing (Increased respiratory rate)
- 5 Sudden breathlessness
- 6 Increased respiration with slight movement during daily activities
- 7 Chest pain
- 8 Inability to lie down, inability to breath unless in a sitting position
- 9 Breathing with difficulty, wheezing

### Impaired consciousness

- 10 Dazed expression (weak response) \*
- 11 Grogginess (no response) \*

### Other

- 12 Pulse oximeter reading (SpO<sub>2</sub>) of 90 or below

**If you develop even one of the above symptoms, call an ambulance by dialling 119**



## If Your Physical Condition Deteriorates or Suddenly Changes when Recovering at Home

- 13 Difficulty in daily activities at home (such as, moving around, eating, using the toilet and changing clothes)
- 14 Severe cough, heavy sputum and continuous fever
- 15 Severe general malaise that you have never experienced before
- 16 Pulse oximeter reading (SpO<sub>2</sub>) of 93 or below

**If you develop even one of the above symptoms, contact your family doctor, a public health center, a follow-up center, or UCHISAPO Tokyo immediately**

- 17 Shortness of breath
- 18 General malaise
- 19 Pulse oximeter reading (SpO<sub>2</sub>) of 94 to 95

**If you develop even one of the above symptoms, contact your family doctor, a public health center, a follow-up center, or UCHISAPO Tokyo**

- 20 Mild fever, cough and cold-like symptoms
- 21 Cough only, no shortness of breath
- 22 Impaired sense of taste, or impaired sense of smell without a blocked nose
- 23 Mild malaise
- 24 Pulse oximeter reading (SpO<sub>2</sub>) of 96 or above

**If symptoms worsen, contact your family physician, a public health center, a follow-up center, or UCHISAPO Tokyo**

**If you develop symptoms corresponding to 2 or more checkpoints, follow the instructions for the category of the checkpoint with a smaller number.**

**Example: If you have symptoms corresponding to both the checkpoints below, follow the instructions for the category to which No. 16 belongs (Yellow)**

**16 “Pulse oximeter reading of 93 or below” (Yellow)**

**23 “Mild malaise” (Green)**

# Assistance when Recovering at Home

## A home recuperation support center(UCHISAPO Tokyo)

- Patients who test positive for COVID-19 infection and are asymptomatic or mildly ill with little risk of serious illness are asked to monitor their own health.
- We provide consultation when patients notice changes in physical condition and support for problems during medical treatment, such as delivery of groceries and pulse oximeters.

[A home recuperation support center\(UCHISAPO Tokyo\)](#)



Telephone reception hours: 24 hours (including Saturdays, Sundays, and holidays)

# 0120-670-440

## Follow-up center for patients recovering at home

- We provide the following assistance to patients recovering at home when we receive a request for assistance from a public health center.
  - (1) 24-hour medical consultation exclusively for patients recovering at home
  - (2) Health monitoring by LINE or phone
  - (3) Delivery of food items, etc.
  - (4) Distribution of pulse oximeters
  - (5) Coordination with local medical care if physical condition worsens
- Visit the Bureau of Social Welfare and Public Health website for frequently asked questions about the follow-up center.

[For people receiving health monitoring assistance from a follow-up center for patients recovering at home \(Bureau of Social Welfare and Public Health Website\)](#)



Contact information of follow-up center for patients recovering at home

The information will be sent to you by a public health center or a follow-up center when your treatment starts.

## Release from Medical Treatment

A patient will be released when the following conditions are met.



### **Symptomatic patients**

When 10 days have elapsed after onset of symptoms and 72 hours have elapsed after symptom become less severe



### **Asymptomatic patients (Asymptomatic carriers)**

When 7 days have elapsed from the date on which the sample that tested positive was collected

## Contact Information of your Family Physician

Make a note of your family physician's contact information.

Name of Medical Institution	Telephone Number

## Other Helpline Numbers



### General Consultation for COVID-19

Prevention of infection (for those who have not tested positive), dealing with symptoms of concern, etc.

Tokyo Coronavirus (Omicron) Call Center

Timings 9:00 a.m. - 10:00 p.m. (All days including Saturday, Sunday and holiday)

**0570-550571**



### Reception desk for recovery at a designated hotel

Those who want to recover at a designated hotel can apply directly at the reception desk.

Reception Desk for Recovery at a Designated Hotel, Tokyo Metropolitan Government

Timings 9:00 a.m. - 4:00 p.m. (All days including Saturday, Sunday and holidays)

**03-5320-5997**

# MEMO