

To persons who have been diagnosed with novel coronavirus (COVID-19)

You may have experienced a difficult time away from your home country under the novel coronavirus pandemic (COVID-19). We would like to provide information about the response to COVID-19 in Japan.

In Japan, when a person is diagnosed with COVID-19, public health center staff will contact the patient. To test persons who may have been infected along with the patient or who may next present symptoms, the staff will ask you (the COVID-19 patient) for basic information (age, gender, address, etc.) and will discuss the following matters.

- (1) When did your symptoms (fever, sore throat, runny nose, coughing, taste or smell disorders, etc.) appear?
- (2) What activities did you engage in for the two weeks before your symptoms appeared?
- (3) What persons did you spend time with during the period from two days before your symptoms appeared to the time you were diagnosed?

The COVID-19 virus is caught from another person within two weeks before symptoms appear, and is transmitted to others from two days before symptoms appear. Accordingly, based on the responses to (1), (2), and (3), the health center staff will decide who should be tested next. The health center staff will also communicate cautions to persons who are likely to experience symptoms next. The staff will further provide advice on cautions you should heed.

These inquiries are vital information gathering actions performed to prevent contagion among your family, colleagues, and community. Even if you become a COVID-19 patient, you will not be punished or ordered to leave the country.

You may experience some worry and anxiety if you become infected with the coronavirus in a foreign country and suddenly receive a call from health center staff. However, this action is taken to protect people around you and the community from the coronavirus. We thank you in advance for your cooperation.

To persons found to have had high-risk contact with persons testing positive for novel coronavirus (COVID-19)

You may have experienced a difficult time away from your home country under the novel coronavirus pandemic (COVID-19). We would like to provide information about the response to COVID-19 in Japan.

In Japan, when a person is diagnosed with COVID-19, public health center staff will contact the patient. To check for persons who may have been infected along with the patient or who may next present symptoms, the staff will ask questions of the patient. If it is found that you are at high risk of COVID-19 infection, health center staff will contact you. The staff will ask you for basic information (age, gender, address, etc.) and will discuss the following matters.

- (1) Whether you are currently experiencing symptoms (fever, sore throat, runny nose, coughing, taste or smell disorders, etc.)
- (2) (if testing has been found to be necessary) Instruction concerning when and where to undergo testing
- (3) Instruction to check and record your daily body temperature and symptoms (including the period during which to perform these checks)
- (4) Specific instructions for the period of caution and for restrictions on activities during the period

The COVID-19 virus is caught from another person within two weeks before symptoms appear, and is transmitted to others from two days before symptoms appear. Based on your information, the health center staff will tell you what you should do and for how long. The health center staff will also provide advice on what to do if you are free of symptoms but symptoms appear later, and cautions you should heed.

These inquiries are vital information gathering actions performed to prevent contagion among your family, colleagues, and community. Even if you become a COVID-19 patient, you will not be punished or ordered to leave the country.

You may experience some worry and anxiety if you become infected with the coronavirus in a foreign country and suddenly receive a call from health center staff. However, this action is taken to protect people around you and the community from the coronavirus.

We thank you in advance for your cooperation.