

**Important points in nursing a novel coronavirus patient at home**

In the case of novel coronavirus, it is expected that 80% of patients will experience minor illness and be nursed at home. Therefore, we have collected and organized information regarding nursing at home from the advice given by experts at a recent government meeting. Please refer to this.

- 1 . If you have a fever or any symptoms of a common cold, take absence from school and work and stay home.
- 2 . If a temperature of 37.5°C or more continues for more than 3 days, inquire at special inquiry centers.
- 3 . Important points in home treatment or staying at home
  - ① Only one person should act as care giver; they should wear gloves, a mask and clothes exclusively chosen to be worn when administering care.
  - ② The care giver should also hand wash frequently, take their own temperature in the morning and the evening and monitor whether they have symptoms or not.
  - ③ As for things such as a doorknob that both the patient and the care giver use, they should be wiped with alcohol disinfectant or a wet tissue every time it is used.
  - ④ As for washrooms and toilets which patients also use, cover it and flush/run water after use. Use ventilation and hand wash thoroughly.
  - ⑤ Try to maintain a well-balanced diet. The patient should take meals separately from other family members. Avoid the shared use of dishes.
  - ⑥ You can wash the patient's clothes with others' if you sterilize them with hot water of 80°C for 10 minutes or more. Preferably, wash them separately.
  - ⑦ Air a room carefully: open the window every 1-2 hours for 10 minutes.
  - ⑧ When you clean up vomit, wipe it with towels you can dispose of, put them into a plastic bag and dispose of them. After you finish cleaning, disinfect the area with alcohol disinfectant.
  - ⑨ Indoors, both the patient and the family members should wear masks.
- 4 . The most effective method for prevention is to keep a distance from a person who may have the virus. Elderly people and those who have a disease should avoid a crowded place.
- 5 . If you have any symptoms of a common cold or a temperature of 37.5°C or more that continues for more than 3 days, severe physical weariness or difficulty breathing, inquire at the “Center for Returnees and Contact Inquiry”, which is set up at health centers in each prefecture.

A list of consultation centers in Osaka for returnees/those who have come in contact with carriers of the novel coronavirus (帰国者・接触者相談センター) (Japanese only)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

A list of consultation centers in Hyogo (Japanese only)

<https://web.pref.hyogo.lg.jp/kf16/singatakorona.html>

A list of consultation centers in Kyoto (Japanese only)

<https://www.pref.kyoto.jp/kentai/news/novelcoronavirus.html#C>

Information Center for those living in Osaka Prefecture (English)

TEL: 06-6941-2297

Working hours:

Monday, Friday 9:00-20:00 (excluding holidays)

Tuesday-Thursday 9:00-17:30 (excluding holidays)

Every 2<sup>nd</sup> and 4<sup>th</sup> Sunday 13:00-17:00

Osaka Medical Net

<https://www.mfis.pref.osaka.jp/omfo/>

Guide for when you are feeling ill | Japan: the Official Guide

[https://www.jnto.go.jp/emergency/eng/mi\\_guide.html](https://www.jnto.go.jp/emergency/eng/mi_guide.html)