

Close Contacts of Persons with COVID-19

Please avoid socializing with others for 5 days from the following day of your last close contact with someone, who tested positive for COVID-19.

Precautionary measures during your stay home period (self-isolation).



- Avoid unnecessary outings.
Get some rest and avoid going to school or work.
- Monitor your health everyday.

<If there other members of household>



- It is best to wear a mask even inside the house.
- As much as possible, sleep in separate rooms, and eat at different times and areas.
- Wash your hands frequently and ventilate the rooms.



Things to consider when doing a self-health check

- Do you have fever? (You are considered to be running a fever if your temperature is over 37.5°C.)
- Do you have cold-like symptoms such as cough, sorethroat and runny nose.
- Do you feel sluggish (fatigue)?
- Do you experience pain in your joints and muscle?



★If you exhibit any of these symptoms, consult your doctor immediately.

