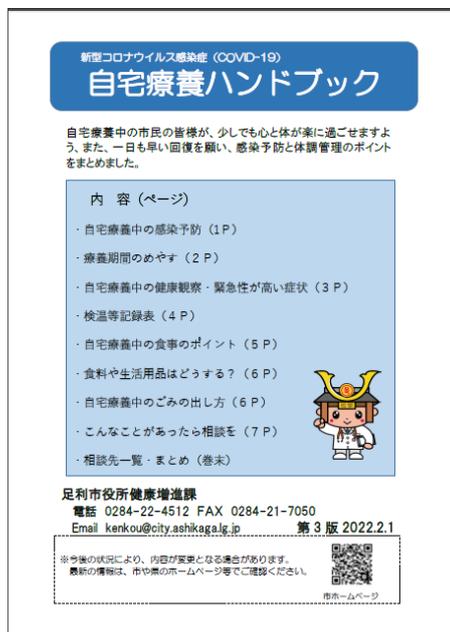
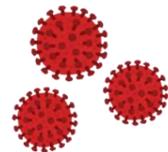




# COVID-19 Home Care Handbook



This is a summary of health management points and consultation points when you are at home.

You can also see it on the [Ashikaga City website](#).



You can see the contents of the handbook in multiple languages by clicking "Select Language" at the top right of the PC site.

Please download and use it, or use it as it is distributed at the city public hall and health center.

Braille version and audio CD (Japanese version) are also distributed (public hall, health center).

**\* The contents may change depending on the future situation. Please check the prefecture's homepage for the latest information.**

Ashikaga City Health Promotion Division

Tel: 0284-22-4512  
FAX: 0284-21-7050

Email: [kenkou@city.ashikaga.lg.jp](mailto:kenkou@city.ashikaga.lg.jp)



## <Prevention of infection during home medical treatment>

- Try not to leave your room as much as possible.
- Ventilate frequently. It is more efficient to open two diagonal windows of 5 cm or more every 30 minutes.
- Personalize tableware, toothbrushes and towels. Eat meals in your room.



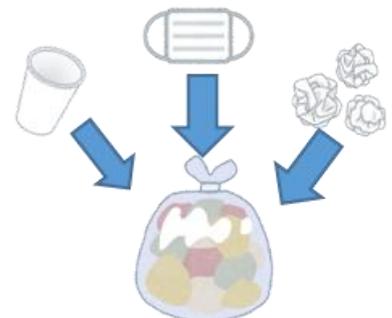
- Use disposable tableware as much as possible. You can just wash it with dish detergent, but then soak it in bleach for about 10 minutes.
- Wash the laundry separately from the family's.

- Be sure to wash your hands with a mask when you leave the room.
- The order of bathing is the last, and the inside of the bathroom is washed away with a shower.
- Be sure to wash and disinfect your hands after entering a common space such as a toilet or bathroom.



- When sharing a washroom or toilet, disinfect doorknobs and handrails and provide adequate ventilation.
- Put the used mask, tissue, disposable container and other garbage in a plastic bag and close the mouth.

- If it is unavoidable that the room cannot be divided, or if you come into contact with your family, wear a mask and keep a distance of 1 meter or more.
- People living together also check their health every day.



## <Estimation of medical treatment period>

The health center will contact you and decide on a "medical treatment period". You cannot go out during this period.

Minimize contact with family. The duration of treatment depends on the presence or absence of symptoms.



- **If you have symptoms such as coughing or fever**

10 days from the day of symptoms and the symptoms have improved for 72 hours or more.

- **If there are no symptoms**

7 days from the sample collection date. \* The sample collection date is the 0th day.

### **Caution!**

It is just a guide, and if you have any symptoms, it will be extended. The health center will contact you to cancel the medical treatment period.

**Close contacts should cooperate in refraining from going out for 7 days from the date of the last contact with the positive person .**

\* The medical treatment period for infected people and the waiting period for close contacts may change in the future, so please check the prefecture's website for the latest information.

## <Health observation during home medical treatment>

- **Measure body temperature and oxygen saturation (SpO2) twice daily (morning and evening)**

You can borrow a pulse oximeter (medical device that measures oxygen saturation) from the Ansoku Health and Welfare Center (health center).



- **For oral medication, consult your hospital.**

If you have any medications you are taking, please consult your doctor.

Do not refrain from prescribing antipyretics and take as prescribed.

- **Do not drink or smoke**

Symptoms may worsen.





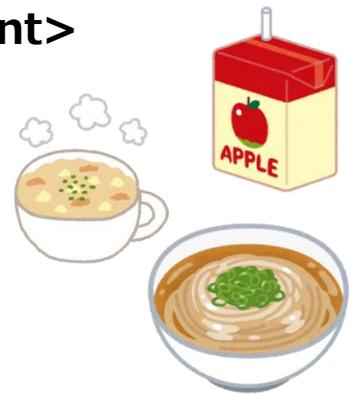
## <Highly urgent symptoms>

|  |   |
|--|---|
| <b>Facial expression, appearance</b>   | <ul style="list-style-type: none"> <li>• The complexion is obviously bad. • The lips are purple.</li> <li>• Unusual, strange appearance</li> </ul>  |
| <b>Suffocation, etc.</b>   | <ul style="list-style-type: none"> <li>• SpO2: 93% or less</li> <li>• Breathing became rough (respiratory rate increased)</li> <li>• Suddenly I became stuffy • I have chest pain</li> <li>• Shortness of breath just by walking in the house</li> <li>• I can't lie down, I can't breathe unless I sit down</li> <li>• Breathing on the shoulders, seeing</li> </ul> |
| <b>Disorders of consciousness, etc.</b>  | <ul style="list-style-type: none"> <li>• Vague (weak reaction) • I'm trying (no reply)</li> <li>• I feel that the pulse jumps and the rhythm of the pulse is disturbed.</li> </ul>  |
| <p><b>If you have any symptoms, please contact us immediately.</b><br/>           * Common to weekdays and holidays<br/>           Daytime : <b>Ansoku Health and Welfare Center</b> Tel:41-5900 8:30 am-5:15 pm<br/>           Night : <b>Night Call Center</b> Tel:0570-052-092 5:15 pm-8 : 30am</p> |   |

## < Points of meals during home medical treatment>

### When diarrhea

- Frequently rehydrate
  - : Water, barley tea, sports drinks, oral rehydration solution
  - × : Coffee, carbonated drinks, alcohol
- Eat with digestible foods and recipes
  - : Soup, miso soup, fruit juice (apple), porridge, udon, tofu, white fish, boiled, steamed, etc.
  - × : Greasy foods, cold foods and drinks, foods high in dietary fiber (seaweed, mushrooms, konjac), spices, fried foods
- Warm your stomach and rest



### When you don't have an appetite

- Try to eat from what you like
- Eat smooth foods (jelly, ice cream, yogurt, etc.)
- Use fragrant ingredients (citrus fruits, green onions, ginger, Japanese pepper, etc.)



## ◎ Even if you don't have an appetite, you need diligent hydration!

Be careful of dehydration during home medical treatment.

To prevent dehydration, 1.2 liters of hydration is required daily.

- Take a glass of water diligently. (Divided into 6 to 8 times a day)
- Sports drinks with good absorption are recommended, but if you do not have them at home, you can make an oral rehydration solution.



## How to make an oral rehydration solution

|               |   |
|---------------|---|
| 【material】    | <ul style="list-style-type: none"><li>• 1 liter of water</li><li>• 40g sugar (4 tablespoons and 1/2 tablespoon)</li><li>• 3g of salt (1/2 teaspoon)</li></ul> |
| 【How to make】 | Dissolve sugar and salt well in water.<br>* Adding <b>lemon juice</b> also supplements potassium.   |

After making it, store it in the refrigerator and use it up within 1-2 days.

**Even if you are not thirsty, it is important to consciously drink water .**



## <What about food and daily necessities? >

It is recommended to use online supermarkets and delivery.

There is a supplies support project for those who are undergoing medical treatment at home and cannot go shopping and cannot ask relatives or friends.

We will deliver a set of daily necessities to your home. (It takes about 2 to 3 days to deliver)

### ★ Daily necessities support: Ashikaga City Hall Commercial Promotion Division

**Tel:20-2156 FAX 20-2155**

Providing a basic set of toilet paper, tissue paper, etc.

(Diapers, powdered milk, sanitary napkins, etc. can be provided to those who wish)

### ★ If food procurement is difficult: Ansoku Health and Welfare Center

**Tel:41-5900 FAX 44-1088**

## <How to dispose of garbage during home medical treatment (Ashikaga City)>

- Do not touch the garbage directly.
- Tie the garbage bag tightly and seal it.
- Wash your hands after taking out the garbage
- If dust touches the outside of the bag, double it with a new bag.

## The method of separating some garbage will change during home medical treatment.

|             |  |
|-------------|--|
| PET bottles | Dispose of as " <b>burnable garbage</b> " in a designated garbage bag            |
| can         | About a week after drinking, it is discharged as "non- <b>burnable garbage</b> " |
| Bottle      | About a week after drinking, it is discharged as a " <b>resource</b> "           |

Ashikaga City Hall Clean Promotion Division Tel:20-2142 FAX 20-2140

### <Consult if this happens>

#### ● Evacuation in the event of a disaster

We will guide you to the evacuation center, so please **be sure** to consult by phone **before evacuating** .

Ashikaga City Hall Crisis Management Division  
Tel:20-2179 FAX 20-2273



#### ● Consultation business for concerns

"I can't meet anyone and I'm having a hard time" "I can't sleep because of anxiety"  
"I don't have an appetite and I don't know what to eat" etc.



Ashikaga City health nurses and registered dietitians will be available for consultation.

<Consultation time>

Monday to Friday (excluding public holidays) 9:00 am-5:00 pm

<Consultation> Ashikaga City Hall Health Promotion Division

Tel:22-4512, 22-4513 FAX 21-7050

#### ● Consultation on human rights

If you have any problems with discrimination or slander, please feel free to contact us.

- **Everyone's human rights 110( Nationwide common human rights consultation dial)**

You can also consult from the Internet Human Rights Consultation Counter.

[weekday] 8:30 am-5:15 pm Tel:0570-003-110

- **Utsunomiya District Legal Affairs Bureau Human rights consultation at Ashikaga branch office**

[weekday] 8:30 am-5:15 pm Tel:42-8101



## < List of consultations / summary >

| Contents   | Contact  | Phone number etc.  | time                         |
|--|--|--|------------------------------|
| About medical treatment period and symptoms              | <u>Daytime</u><br>Ansoku Health and Welfare Center(health centre)  | Tel:0284-41-5900<br>FAX 0284-44-1088                     | 8:30 am-5:15 pm              |
|  | <u>Night call center</u>   | Tel:0570-052-092<br>FAX 028-623-2527                     | 5:15 pm-8:30 am              |
| About how to eat   | Consultation for concerns<br>Ashikaga City Health Promotion Division   | Tel:0284-22-4512<br>Tel:0284-22-4513<br>FAX 0284-21-7050 | (weekday)<br>9am-5 pm        |
| When you run out of daily necessities                    | Daily necessities support business<br>Ashikaga City Commercial Promotion Division<br>* If you have difficulty procuring food, please contact the Ansoku Health and Welfare Center (41-5900). | Tel:0284-20-2156<br>FAX 0284-20-2155                     | (weekday)<br>8:30 am-5:15 pm |
| How to put out garbage                                   | Ashikaga City Clean Promotion Division   | Tel:0284-20-2142<br>FAX 0284-20-2140                     | (weekday)<br>8:30 am-5:15 pm |
| About evacuation destinations in the event of a disaster | Ashikaga City Crisis Management Division   | Tel:0284-20-2179<br>FAX 0284-20-2273                     | (weekday)<br>8:30 am-5:15 pm |
|  | *When a disaster is expected, it is possible other than time.  |  |                              |
| Vaccination  | Ashikaga City New Corona Vaccination Call Center   | Tel:0570-027-798   | (All day)<br>8:30 am-5 pm    |
| Living funds   | Ashikaga City Council of Social Welfare  | Tel:0284-44-0322<br>FAX 0284-44-0529                     | (weekday)<br>9 am-4pm        |

|                |   |   |                              |
|----------------|---|---|------------------------------|
| Human rights   | Everyone's human rights 110<br>National common human rights consultation dial                     | Tel:0570-003-110<br>You can also consult from the Internet Human Rights Consultation Counter. | (weekday)<br>8:30 am-5:15 pm |
|                | Human rights consultation<br>Utsunomiya District Legal Affairs Bureau Ashikaga Branch             | Electric number<br>0284-42-8101   | (weekday)<br>8:30 am-5:15 pm |
| Long-term care | Ashikaga City Genki Elderly Division<br>In charge of promoting community-based comprehensive care | Tel:0284-20-2153<br>FAX 0284-20-1456  | (weekday)<br>8:30 am-5:15 pm |

## **COVID-19 Home Care Handbook**

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Issue: Ashikaga City Health Promotion Division

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