

Handling Close Contacts (those who have had a close contact with someone who has tested positive for COVID-19)
(For those in share houses)

<In cases where the close contacts are living in a share house>

- In the event that you are a close contact, please avoid non-urgent, non-essential outings while monitoring your health condition for fourteen days after you had close contact with an infected person
- Ideally, you should move back to your permanent residence or move into an affiliated flat/apartment or something similar. If it is difficult for you to do so, minimize contact with other residents and practice preventive measures within the share house
- For more detailed preventive measures, please refer to the boxes below
- If any common symptoms of COVID-19 occur during your health observation period, please contact the Health Center. The staff of the Center will arrange for a PCR test and medical consultation. If you have any concerns, please feel free to contact the Center for a consultation.

[Things Close Contacts Should Do]

- Spend most of your time in your private single room
 - If you have shared a room with other resident(s), he/she/they must move to another room
- In common areas like the living room, kitchen, toilet, or bathroom, make sure to always wear masks and avoid contact with other residents as much as possible
- Eat in your room
- If you must leave the house, choose off-peak times when things are less crowded, and return home as soon as possible. Always wear your mask.
- When you must visit medical institutions (including dental clinics), make sure to call ahead and follow their instructions

[Things Share House Owners/Operators Should Do]

- Remind residents of general sanitary measures. Make sure every resident is aware of proper cough etiquette and wears a mask. Remind them to wash their hands with soap and running water, and/or disinfect their hands with alcohol, especially after using common areas.
- Sanitize surfaces and furniture, etc. in common areas (including the living room, kitchen, toilet, bathroom, and doors) on a regular basis
- Ventilate the building
- Designate a toilet for the exclusive use of close contacts (If this is not possible, make sure to always wash your hands and sanitize the area after use)
- Request close contacts to refrain from having visitors. Should they still come, get the names and contact information of any and all visitors

<Kutchan Health Center>

Health Support Group, Health Promotion Division, Hokkaido Kutchan Health Center

TEL: 0136-23-1957

*Your call will be connected to a security company during nights and holidays. In this case, the staff of the Health Center will call you back