

For those that test positive for COVID-19

(From 8th May 2023, for those receiving treatment at home or a facility)

Starting from May 8th, COVID-19 has been designated a class 5 infectious disease.

Due to this change in classification, the rules and restrictions in place up until now related to things such as quarantine times for those infected has been relaxed.

For more information, please check the Prefectural Homepage via the QR code on the right.



About the change to a class 5 infectious disease/
Prefectural Homepage

Resources for when your symptoms worsen

• If your symptoms worsen, please consult with one of the following:

1. When you feel unwell or have concerning symptoms

- ① Medical institution where the diagnosis was made
- ② Prefectural Phone Consultation Centre(029-301-3200)[7:30~21:00]

2. When you are not sure whether to call an ambulance in case of a sudden change in your condition

#7119(Adult Emergency Support Number), #8000(Children Emergency Support Number)



Guidance for those who test positive
Prefectural Homepage



Information for those recovering at home
Prefectural Homepage



#7119, #8000
Prefectural Homepage

Approx. Recovery Period

These are not legal restrictions, but please use for reference during your recovery period. *1

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
e.g. 5/8	5/9	5/10	5/11	5/12	5/13	5/14
Day of onset of disease	Recovery Period 5 days *1,2					End of recovery

*1 School children (incl. preschoolers) are required by the School Health and Safety Act to not attend school until 5 days since symptoms began and 1 day since the symptoms improved.

*2 If symptoms persist on Day 5, it is recommended that you do not go outside until 24 hours have passed since symptoms such as phlegm and throat pain have improved.

Important Points

- Do not go outside during your recovery.
- Until 10 days have passed, there is a risk of spreading the virus so wear a non-woven mask and avoid contact with the elderly and those at high risk to prevent transmission. If you have symptoms such as a cough or frequent sneezing even after 10 days have passed since the onset of your symptoms please wear a mask and take care when coughing or sneezing.
- If your condition worsens, consult with the medical institution which made your diagnosis.

After Recovery

- If your condition does not improve even after treatment, please consult with your family doctor or the medical institution which made your diagnosis.
- Also, the healthcare center with jurisdiction over your municipality may also be able to assist you.



Post COVID-19 condition (health complications)
Prefectural Homepage

(For the Elderly/Pregnant Women) Treatment at a Facility

- The prefecture has prepared lodging facilities where senior citizens and pregnant women can seek treatment.
- Those who wish to have treatment, please apply through the QR code (Prefectural HP) on the right.
- If you cannot apply through the QR code, please call 050-3317-7015, between the hours 9:30~18:30.
- There is no accommodation fee, but please understand you are responsible for your food costs.

※Only senior citizens and pregnant women can apply



Treatment at a Lodging Facility
Prefectural Homepage