

Important precautions to take when someone you live with begins to experience COVID-19 symptoms



When at home, **continue to practice basic preventative measures:**
wear a mask • wash your hands • practice ventilation & social distancing

In addition, please incorporate the 8 measures below.

Reduce contact as much as possible by spending time in separate rooms.

Create separate spaces



- Eat meals and sleep in separate rooms.
- If presence in the same room is required, **maintain a distance of at least 2 meters.**
- **Do not share items** such as towels, bedsheets, dishes, eating utensils, etc. Designate items for the sole use of the person experiencing symptoms.
- The individual experiencing symptoms should be the last person to use the bath and the washroom should be rinsed off with the shower hose and ventilated after their use.

Wear a mask



Always wear a mask.

- When everyone wears a mask, the chances of contracting and spreading COVID-19 decrease.
- When considering face mask type, **choose non-woven cloth masks** as much as possible.
- Do not leave your used mask unattended. Throw it away to prevent others from touching it.
- **Always wash your hands with soap or use disinfectant after removing your mask.**

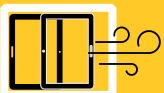
Clean your hands



Frequently clean your hands.

- **Use soap or alcohol disinfectant** to clean your hands throughout the day, including after you come into contact with the person experiencing symptoms, throw away the garbage, take off your mask, clean, etc.
- **Do not dry your hands using the same towel** as the person experiencing symptoms.
- **Do not touch the eye, nose, or mouth area** with unwashed hands.

Practice ventilation



Practice effective ventilation.

- Keep windows open to ventilate shared spaces and other rooms.
- During the hottest times of day, use a ventilation fan and open a window for a few minutes every half hour to **ensure fresh air circulation.**

Let's be mindful of our physical health as well as the condition of those we live with.
If you or someone you live with develops symptoms such as a cough or fever, please call a COVID-19 Call Center.

COVID-19 Call Center Information: https://www.city.sendai.jp/covidvaccine/call_center.html

Important precautions to take when someone you live with begins to experience COVID-19 symptoms



Disinfect frequently touched items and areas.

- Viruses can adhere to surfaces and remain active for a time. **Use caution** and clean frequently touched areas which **may retain active virus particles**.
- **Use diluted household bleach** to disinfect frequently touched items and areas (doorknobs, light switches, handrails, toilets, bathrooms, etc.). Then wipe these areas with water.
- The main ingredient of the household bleach should be sodium hypochlorite. It is recommended to dilute the solution to a 0.05% concentration.
- **Ensure proper ventilation** when cleaning and disinfecting. Be sure to wash your hands afterwards.

Clean and
disinfect
frequently



Do not share unwashed items or spaces.

- In particular, do not share towels, toilets, washrooms, or kitchen spaces without proper washing and/or disinfecting.
- Towels, clothing, dishes and eating utensils can be washed as usual.
- It is not necessary to wash clothes or dishes separately.

Laundry



Wear gloves and a mask when doing laundry.

- Active virus particles have been found in bodily fluids and excrement. Please use caution.
- Wear gloves and a mask when handling dirty or soiled clothes, towels, and bedsheets.
- Use your everyday detergent and let items dry thoroughly.

Garbage
Disposal



Seal and dispose of all garbage carefully.

- When throwing away masks, tissues, etc., **tightly secure garbage bags** so that the contents will not be touched by others.
- **Wash your hands with soap immediately** after handling any garbage.

Caregiver
Duties



Due to the possibility of infection, designate a single caregiver whenever possible.

- Individuals who are pregnant, diabetic, immunocompromised, or have a pre-existing heart, lung, or kidney disease should not be responsible for a caregiver's duties.
- When in the same room or in close contact with the individual experiencing symptoms, **both people should wear a mask at all times**.

References:

- Japanese Society for Infection Prevention and Control. "Precautions to be taken at home in the presence of a person suspected of being infected with COVID-19." (February 28, 2020 Edition.) http://www.kankyokansen.org/modules/news/index.php?content_id=328
- Sendai City. COVID-19 Preventative Measures Handbook. "Measures for individuals recovering at home and for those living with them." <https://www.city.sendai.jp/kenkoanzen-kansen/jitakuryouyouhandbook.html>