

Dear

Home Isolation Handbook for COVID-19 Patients

You will be requested, for a certain period of time from now, to stay home and recover under the guidance of a doctor. We apologize for any inconvenience, however, please follow the precautions in this handbook so that you can stay home without worries.

If you have any health concerns or problems in daily life, please feel free to contact us.

(Reference materials)

- How to use a pulse oximeter
- How to put on and take off masks and gloves
- Eight points to be careful of at home when your family members are suspected of being infected with COVID-19
- How to dispose of masks at home as a countermeasure against infectious diseases such as COVID-19
- Correct way to wash your hands
- Health monitoring sheet
- For expectant mothers who will stay home and recover

Consultation service

XX Health Care Center Phone Number:

Out of Hours Phone Number:

* This material was created on August 23, 2021. It may be changed from time to time in the future, based on newly gained knowledge.

Outline of Recovering at Home

1. Pursuant to Article 18 of the Infectious Disease Law, you must not work during the home isolation period of self-recovery.
2. To prevent the spread of the disease, you will be requested not to go out, and to stay home to recover.
3. We will ask you about your health condition every day while you stay home to recover. If you experience any changes in your symptoms, please contact your local health care center immediately.
4. The health care center staff will determine when you can be released from home isolation.

You will be released from home isolation when you meet one of the following conditions (1) to (4). At the same time, you will be allowed to go back to work.

○ If you have had symptoms

(1) When 10 days have passed since the symptoms first appeared, and 72 hours have passed since they were relieved*

(2) If the symptoms are relieved before 10 days have passed since they first appeared: ① you will have a nucleic acid amplification test (NAAT) at least 24 hours after they are relieved. If the result is negative, then ② another sample will be collected at least 24 hours after the collection of the sample that tested negative, and the result is confirmed negative.

○ If you do not have any symptoms or it is not clear when the symptoms first appeared

(3) When 10 days have passed since the collection of the sample that tested positive

(4) ① You will have a nucleic acid amplification test (NAAT) at least 6 days after the collection of the sample that tested positive. If the result is negative, then ② another sample will be collected at least 24 hours after the collection of the sample that tested negative, and the result is confirmed negative.

It is considered that the symptoms are relieved

when the fever has resolved without the use of antipyretics, and the respiratory symptoms tend to improve.

Preparation

1. Home Environment

(1) Living space

- In order to minimize contact with other people living together, maintain separate living place. Use a separate room in principle.
- If a separate room cannot be provided, all those who spend time in the same room should wear masks and make sure the room is properly ventilated.

(2) Hygiene and sanitation

- Prepare disinfectant and other supplies for the areas shared with other people living together, such as the toilet and bathroom.

2. Medicine

- If you take prescribed medicines regularly, make sure you have about a three-week stock.
- If you have only several days of medicine left during the home isolation period, call and ask your doctor to prescribe the medicine.
- If your doctor won't accept your request, consult with your local health care center (branch).

3. Food and Daily Necessities

- Do not go out to do shopping yourself.
- When using a shopping delivery service, receive the goods in a way that ensures you do not come into direct contact with the delivery person. (Asking the person to place the delivered goods in front of the door, etc.)
- When using a food delivery service, select, as much as possible, food delivered in a container that can be disposed of at home.

Home Isolation

1. Precautions for the patient during home isolation

(1) Living space

- Maintain separate living place for you and other people living together. (While self-isolating, you should stay in your own room as much as possible.)
- Ventilate rooms regularly.
- Take a bath last after all other persons living together have finished.
- Take your meals in your own room. If a separate room cannot be provided, eat your meal alone when there is nobody near you.

(2) Daily Activities

- Do not go out during the home isolation period.
- Wash your hands with soap or use an alcohol-based hand sanitizer and wear a mask when entering or leaving rooms.
- When disposing of used masks or tissues with nasal discharge, tightly seal the garbage bag without touching them. Store it at home for at least 3 days, and then dispose of it as a general waste.
- Drinking and smoking are strictly prohibited. These activities may worsen the symptoms and make it difficult to accurately grasp your health condition.

2. Precautions for those who live together with the patient

(1) When caring for the patient

- When the patient needs to be cared for, minimize contact during the care process. The caregiver should be limited to one person, who is desirably in good health without any underlying medical problems.
- When caring for the patient, both the patient and caregiver should wear a mask such as a surgical mask.
- When providing oral and respiratory care, contacting with body fluids or filth of the patient, or cleaning the patient's room and washing the patient's clothes and bed linens, wear gloves and a plastic apron or gown (substitutable with something that can cover the entire body and can be disposed of: e.g. a disposable raincoat), in addition to a surgical mask.
- Wash your hands with soap after contact with the patient, cleaning the patient's room, or washing the patient's clothes, towels and bed linen.

(2) Infection prevention

- Wash your hands frequently.
- Everyone living together with the patient should wear a mask. Be careful not to touch the outer surface of the mask, your eyes or mouth with your hands.
- Wash your hands with soap after contacting with the filth of the patient, cleaning the soiled area, or washing soiled items.
- Check also the health condition of the family members. Measure the body temperature every day, check for symptoms such as coughing, sore throat, or impaired taste. If you have any symptoms, consult a health care center.

(3) Living environment

- It is desirable that the patient and other people use a different washstand area or bathroom. When sharing the same one, ensure that the areas are clean and ventilated well.
- Take a bath before the patient.
- Do not share tableware, bed linen or other items with the patient.
- Do not accept unnecessary or unessential visitors. Avoid coming in contact with delivery persons as much as possible.

(4) Home isolation period for people living together (close contacts)

- Basically, refrain from outings for 14 days from the end of the home isolation period of the patient.
- If anyone in the family tests positive during the home isolation period of the family members, refrain from outings for another 14 days after the last contact with that person.
- If the patient and the family living together are completely separated at home, the home isolation period may be shortened (such as 14 days from the day when the patient was found to be positive). So follow the instructions of the health care center (branch).

3. Cleaning

- Clean the surfaces of things that the patient touches (bedside chest, table, door knob, etc.) at least once a day with diluted household chlorine bleach or equivalent products.
- Wash the bed linen, clothes, and other items of the patient using ordinary laundry detergent and dry them thoroughly. It is recommended that these items be washed and dried at the upper limit temperature indicated on the washing label.

4. Garbage disposal

- Dispose of garbage produced during home isolation as a general waste, after tightly sealing the garbage bag and storing it at home for 3 days or more(*).

- * Because it takes 24 to 72 hours for the virus to die

- Seal the garbage bag tightly so that nobody comes into direct contact with soiled items such as masks. If the soiled items touch the outside surface of the garbage bag, place the garbage bag inside another bag.

- When disposing of garbage, take measures to prevent infection by wearing a mask and gloves, and washing hands after disposal.

5. Medical treatment during home isolation

- If you wish to see a doctor during home isolation, contact your local health care center in advance. The health care center may instruct you how to get medical treatment.

- If you wish to have an online consultation, and you do not have a family doctor or your family doctor does not provide an online consultation, consult with your local health care center.

- If you receive medical treatment for COVID-19 during home isolation, the medical expenses will be borne by the government. So you will not be liable for any expenses. (However, the following medical expenses are not borne by the government: (a) medical expenses for the treatment received before you were found to be positive and after you were released from home isolation and (b) medical expenses not related to COVID-19.)

6. Disastrous events

- In preparation for disastrous events, consult your local health care center in advance to decide where to evacuate.

- Evacuate at an early stage.

- Inform your local health care center that you have evacuated safely and follow the instructions of the health care center regarding where to stay after that.

Health management

1. Daily health management

- Body temperature measurement

Measure and record your body temperature twice a day in the morning and evening.

If you have at least one of the [emergency symptoms] shown in the table below, contact your local health care center (branch) immediately without waiting for regular contact from a public health nurse.

In the case of an emergency, you or any of your family members should call 119. At that time, tell the 119 operator (and the ambulance crew later) that you are a COVID-19 patient.

Your Local Health Care Center Phone Number: Out of Hours Phone Number:

- Oxygen saturation (SpO₂) measurement

Measure the level of SpO₂ (the oxygen saturation in blood) using a pulse oximeter twice a day in the morning and evening, at the time of body temperature measurement. It is normal if it is 98% or higher. If it decreases to 93% or less, contact your local health care center immediately.

The level may decrease after activities, such as walking, eating, or taking a bath, even if your condition is not getting worse. However, it usually recovers after resting for a while.

- Regular check of health condition

We will ask you about your health condition by phone every day. At that time, we will also ask you about the results of two body temperature measurements.

Table [Emergency Symptoms] The symptoms indicated with* are confirmed by the family members.

Facial expression / appearance	<ul style="list-style-type: none">• Obviously looking pale*• Lips turning purple• Looking different from usual / looking very ill*
Breathing	<ul style="list-style-type: none">• Fast breathing (breathing rate increasing)• Suddenly feeling short of breath• Feeling short of breath even during everyday activities• Chest pain• Inability to lie down / being able to breathe only

	while sitting up <ul style="list-style-type: none"> • Shoulders heaving while breathing • Sudden gasping for breath (within 2 hours of initial symptoms)
Consciousness	<ul style="list-style-type: none"> • Being absent-minded (weak response)* • Being semi-conscious (no response)* • Irregular pulse /unsteady pulse rate
SpO ₂ value measured by the pulse oximeter	93% or lower

2. Medicine

- If you have only several days of medicine left during the home isolation period, please call and ask your doctor to prescribe the medicine.
- If your doctor won't accept your request, consult with your local health care center (branch).

How to use a pulse oximeter

A pulse oximeter is a device that is attached to a fingertip to measure the oxygen saturation in the blood.

It will be delivered to your home, so use it to measure your oxygen level.

When you are released from home isolation, be sure to return it to us.

◆ Operating procedure

1. Press the power switch to turn it on.
2. Open the fingertip holder and insert your finger until it touches the bottom of the holder.
3. A few seconds after the pulse wave is displayed, the oxygen saturation level and pulse rate are displayed. So read the measured values. Please report the SpO₂ values when we call you to check your health condition.

[On the display] Oxygen saturation ⇒ % SpO₂,

pulse rate ⇒ PRbpm

4. When you remove your fingertip from the fingertip holder, the display turns off automatically and the power turns off.



Correct way of measurement

Important

- The SpO₂ value of a healthy person will be around 96 to 99%. Be careful if it falls below 95%. If it decreases to 93% or lower, contact your local health care center immediately.
- The oxygen saturation level may decrease after activities, such as walking, eating, or taking a bath, even if your condition is not getting worse. However, it usually recovers after resting for a while.

How to wear a mask



Bend the nose piece.



Loop the elastic straps around your ears.



Adjust the nose piece to the form of your nose.



Extend the pleats and cover your nose and mouth.

How to take off a mask



Remove the mask by holding the elastic straps.



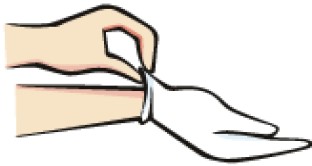
Discard the used mask and clean hands.

ATTENTION

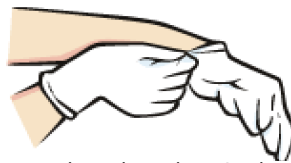
Avoid touching the surface of the mask after use because it may be contaminated with microorganisms.



How to remove gloves



Put on one glove by pinching it at the wrist.

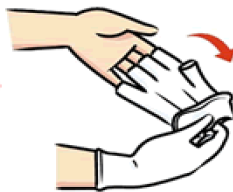


Put on the other glove in the same way.

How to take off gloves



Grasp one glove at the wrist.



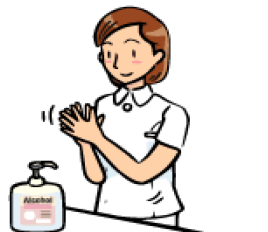
Peel the glove away from your body, pulling it inside out.



Put your bare hand fingers inside the other glove at the top of your wrist.



Peel the glove away from your body, pulling it inside out.



Discard the used gloves and clean your hands.

ATTENTION

Avoid touching the surface of the gloves after use because they may be contaminated with microorganisms.



Source: Medical SARAYA Official Website

Health Monitoring Sheet for a COVID-19 Patient with Mild / No Symptoms (Sheet 1)

This is a questionnaire for health monitoring during home isolation. When you receive a daily phone call from a public health nurse, help the nurse to check your condition correctly. If you have any worrying symptoms, be sure to contact the public health center ASAP.

If you answer 'Yes' to any one of the symptoms indicated with ★, immediately contact the public health nurse, or anyone available at the center. (Contact phone number: xxx-xxxx)

Patient name: _____		Home isolation start date: (MM/DD/YY)										TEL: -- --		Email: @		
		Monitoring start date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10				
Vital sign	8:00 a.m.	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	
	6:00 p.m.	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	
1		Cough	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
Respiratory symptoms		Breathing														
		★ Fast breathing (Breathing rate increasing)														
		★ Suddenly feeling short of breath														
		★ Feeling short of breath even during everyday activities														
		★ Chest pain														
2		★ Inability to lie down / being able to breathe only while sitting up														
3		★ Shoulders heaving while breathing / gasping for breath														
3		Runny / stuffy nose		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
4		Facial expression / appearance		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
4		★ Lips turning purple		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
5		Sore throat		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
6		Abnormal taste and smell		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
7		Nausea / vomiting		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
8		Conjunctival inflammation (Inflamed eyes)		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
9		Headache		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
10		Fatigue		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
11		Joint / muscle pain		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
12		Diarrhea		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
13		Impaired consciousness		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
13		★ Irregular pulse /unsteady pulse rate		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
14		Convulsion		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
15		Sleeplessness		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
16		Anxiety		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
17		Others		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
18		Bleeding (only for pregnant women)		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
19		Acute stomach pain (only for pregnant women)		No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	
20		Did you check your symptoms in the morning or evening?		Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	
20		Check the appropriate box as shown to the right. <input checked="" type="checkbox"/>		Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	
21		Remarks														

Health Monitoring Sheet for a COVID-19 Patient with Mild / No Symptoms (Sheet 2)

This is a questionnaire for health monitoring during home isolation. When you receive a daily phone call from a public health nurse, help the nurse to check your condition correctly. If you have any worrying symptoms, be sure to contact the public health center ASAP.

If you answer 'Yes' to any one of the symptoms indicated with ★, immediately contact the public health nurse, or anyone available at the center. (Contact phone number: xxx-xxxx)

Patient name: _____		TEL: _____		Email: _____							
		Address: _____	Home isolation start date: (MM/DD/YYYY)								
Date		Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Vital sign	8:00 a.m.	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
	6:00 p.m.	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
1	Cough	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
Respiratory symptoms	Breathing										
	★ Fast breathing (Breathing rate increasing)										
	★ Suddenly feeling short of breath										
	★ Feeling short of breath even during everyday activities	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
2	★ Chest pain										
	★ Inability to lie down / being able to breathe only while sitting up										
3	★ Shoulders heaving while breathing / gasping for breath										
	★ Runny / stuffy nose	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
4	★ Facial expression / appearance	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
	★ Lips turning purple	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
5	Sore throat	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
6	Abnormal taste and smell	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
7	Nausea / vomiting	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
8	Conjunctival inflammation (inflamed eyes)	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
9	Headache	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
10	Fatigue	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
11	Joint / muscle pain	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
12	Diarrhea	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
13	Impaired consciousness	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
	★ Irregular pulse /unsteady pulse rate	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
14	Convulsion	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
15	Sleeplessness	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
16	Anxiety	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
17	Others	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
18	Bleeding (only for pregnant women)	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
19	Acute stomach pain (only for pregnant women)	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes	No / Yes
Did you check your symptoms in the morning or evening?		Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()	Morning: <input type="checkbox"/> ()
Check the appropriate box as shown to the right. <input checked="" type="checkbox"/>		Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()	Evening: <input type="checkbox"/> ()
Remarks											