

# Guidelines for Recuperation

You will start your recuperation in the hotel soon. To make sure every patient safe and sound, please follow the guidelines and rules. If you have any questions, feel free to ask out staff.

## 1 Things needed to prepare before the stay

### 【Basic items in the facility (FOC)】

The hotel provides items for free below.

- Bed, pillow, shampoo, conditioner, body soap, tissue, toilet paper, room slippers, television, refrigerator, Wi-Fi, hair dryer, electric kettle pot, thermometer, pulse oximeter.

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### 【Things needed to bring to the facility】

- Insurance card, cash (Ex.: money for the transportation going home)
- Cell phones or smart phones
- Clothes (Pyjamas, Inner wear, coat and etc.)
- Towels (2~3 Bath towels and face towels)
- Laundry cleanser, laundry clip
- Toothbrush, toothpaste, shaver, comb, cup
- Mask
- Any other things you need (Medicine, stationaries, spectacles, etc.)
- You are able to bring food and beverage into the hotel except beverage in glass bottles/aluminium cans and alcoholic drinks.

### 【Preparation of medicine】

- If you are having medicine now, please prepare your medicine for **at least 10 days**.
- If you do not have enough medicine during your stay, please contact your doctor/pharmacy to get new medicine.

### 【Fee】

- No fees will be required during your stay. (Including meals)
- If you required medicine which are not related to Covid-19, you will need to pay for the medicine.

## 2 Procedure during the stay

### 【Start staying ~ during staying】

- Getting out of the facility is strictly prohibited. Please stay inside the facility.
- Please check your health condition every day.
- There will be a lot of rules during the stay. Thank you for your cooperation.
- If your symptom gets worse, we will send you to the hospital.

### 【After staying】

- After 10 days from the day you got judged positive and no symptom appears in 72 hours, you are able to leave the facility with the doctor's permission.
- Please go back home by yourself.
- We will not prepare certificate showing you are cured from the Covid-19.

## 3 Rules during staying

### 【Basic rules】

- There will be a toilet with shower in every room.
- Entering spaces out of permission is prohibited.

### 【Daily health check】

- Please check your body temperature twice by 7:30am and 6pm and fill in the forms every day.
- The nurse will give you a call around 10am and 5pm to ask for your health condition.
- If you are not feeling well (especially having fever), please contact the reception even it is night time.

### 【Meals】

- Meals are prepared everyday by 8am, 12pm and 6pm. Please move to the Amenity room (Room 15) to pick up your meals after the announcement.
- Teabags are available in the Amenity room (Room 15). Please feel free to take it.
- It is unnecessary to finish all the meals.
- To prevent food poison, please finish your meal early and throw away the leftovers early.

### 【Bathroom, toilet】

- Every room has a toilet with bathtub and shower.
- Please pick up the amenities you need (example: soap, toilet paper) during meals picking up.

**【Cleaning, rubbish】**

- Please clean the room yourself. (There are a few cleaning tools in the Amenity Room)
- Please put the rubbish into the plastic bags, close it and throw into the dustbin in front of the elevator every morning.

**【Preparation of medicine】**

- If your medicine are not enough during the stay, please contact your doctor/pharmacy to get new medicine.
- Please have your family to send the new medicine for you.

**【Attention】**

- Please stay in your room except meal picking up. (Going out of the building is strictly prohibited)
- Please avoid getting in touch with other patients.
- Drinking alcohol and smoking during the stay is strictly prohibited.
- If you could not follow the rules, we might cancel your stay.

**【Facilities and Amenities in the hotel】**

- If we found out that you destroy any facilities/amenities in the hotel, you will need to compensate follow the hotel' s regulations.

**【To patient' s family】**

- Please contact the hotel before bringing the refreshments to the hotel.  
Contact time: between 10am~3pm, please bring the refreshment between 2pm~4pm.  
(We will check the refreshment before sending it to the patient)
- The patient will get to pick up the refreshment via Amenity Room during meal time. We are unable to send the refreshments to the patient straightly, so please avoid raw food, valuables, glass bottles and aluminium cans.  
(We are unable to keep the refreshments refrigerated or freezing. Please make sure the refreshments do not need to be fridged)  
(We will not pay any responsibility for the theft/lost refreshments.)

We will have staffs working 24 hours. If you find yourself feeling not well (like having cough or fever) or any emergency happens, please contact our staff.

(We will show the contact number in other paper.)

We hope you get well soon.

Hiroshima Prefecture  
Department of Health and Welfare