

To anyone who will start recuperating at home

This guide is for those who are recuperating at home as a result of coronavirus. It contains a list of important points to remember and methods of how to manage your health, including what to do when your condition worsens.

We understand that not being able to leave your home is inconvenient, but we ask for your understanding and cooperation.

1. During your time recuperating

- Going outside while recuperating at home is **strictly forbidden**.
- Please either **order daily necessities or food online, arrange someone to deliver them to you, or use what you have at home**.
- When receiving deliveries, please ensure there is **no direct contact by arranging the parcel to be left at the door. Please do not use the delivery box**.
- For those who cannot receive support or do not have enough supplies in the time it takes for online deliveries to arrive, a food set will be sent via your public health center.
- Please be aware that generally, requests for special foods such as baby food and allergy free food cannot be fulfilled.
- Please properly close and double bag any trash bags. Please dispose of the bag three days after the end of your recuperation.
- If you regularly see a doctor (especially if you are pregnant, etc...), please make sure you contact that medical institution and receive advice on the best way to recuperate at home.
- For any other enquiries, please reach out to your local health center.

2. Health Monitoring

- Measure your temperature and blood oxygen levels 2-3 times a day everyday
- A representative from the public health center will call regularly to check up on you. Please report your health condition during this call
- If you feel unwell, please call your local public health center immediately.

3. End of Recuperation Period

- Your public health center will contact you when you are able to finish recuperating at home.

- If you borrowed a pulse oximeter, please use it with care as you will be required to return it after your recuperation period is over.
- Once your recuperation period is over, follow the instructions from your local public health center and return the borrowed thermometer and pulse oximeters.
 - ※ Even if the device is broken, please return the device

Additional Information



An example of a food package from the government

How to use a pulse oximeter



1. Press the power button to turn on the device



2. Open the clip and insert your finger inside. It is recommended that you insert either your index, middle or ring finger into the device. If the %SpO₂ is below 95%, please contact your local public health center.