

Things to be careful of in daily life

Frailty prevention is also important for the elderly

- "Frailty (infirmity)" is a condition in which the mind and body's vitality is weakened during old age. Nursing care will be needed when frailty sets in.
- Elderly people are increasingly likely to fall into frailty as their lives become more sluggish due to a decrease in outside activities. In order to prevent frailty, it is also important to take care of the following things, as well as tooth brushing, keeping the mouth clean, etc.

Points for preventing frailty

Eating habits

Pay attention to nutritional balance, and eat enough proteins such as meat, fish, eggs, soy products, etc. Also, make sure to drink enough water.



Exercise

Muscle strength training such as squats, stretching, etc., are effective for indoor exercise. Avoid crowds and try to walk for a certain period of time.



Communication

Chatting on the phone, video calls, etc., are also effective in preventing frailty. It is also a good way to prevent dementia.



(Created with reference to the Japan Geriatrics Society website)

Be careful not to build up too much stress

- During these times of living in prolonged self-restraint, a lot of people tend to get frustrated and stressed out, affected by information on TV and the Internet, feeling anxious about their work and livelihood.
- Finding ways to relieve stress in daily life is necessary in order to ease stress and anxiety that could worsen family relations and lead to mental health problems.

Examples of stress relief

- Take a break by going to a park, etc., when there are less people
- Use muscle training and yoga videos at home
- Watch DVDs that have been stored or open books you haven't read yet
- Use this time to clean up areas you haven't had the chance to clean
- Do deep breathing, and find ways to enjoy bath time
- Use the internet, etc. to find out how to relieve stress, etc.

Gather reliable information to protect yourself and loved ones from COVID-19

Care must be taken to prevent further infection even after vaccination during the ongoing COVID-19 epidemic. Preventing the spread of infection depends on each and everyone's actions. Hence, there is a need to check again what we know to make sure that we have the correct knowledge.



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Taking action to prevent the spread of infection at home and at work

COVID-19 Infection Countermeasures Handbook

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*Created based on information obtained as of January 2022.

Let's find out the infection route and its course after the onset

Knowing how infections are spread

- Like the influenza virus, coronavirus (COVID-19) is thought to be transmitted mainly through droplet infection and contact infection.
- Droplet infection happens when the virus is released along with droplets from the infected person (from cough, splashes when talking out loud, or spit), which spreads to an uninfected person through the mouth and nose.
- Contact infection happens when an uninfected person touches a material touched by an infected person where the virus has adhered to, and spreads infection when those hands are used to wipe the eyes, nose or mouth.
- Those infected with COVID-19 may infect others from 2 days before the onset to 7 - 10 days after the onset. The amount of virus discharged is quite large especially right before and after the onset, and it is necessary to take action to prevent infection even if there are no symptoms.

Situations where infection spreads easily

▶ Refer to P4

When spending a certain amount of time indoors, etc., in a situation where there is insufficient physical distancing (closed spaces, crowded places, close contact).

Places where virus could easily adhere to

Doorknobs, power switches, escalator belts, touch panels, straps, etc., that everyone touches.

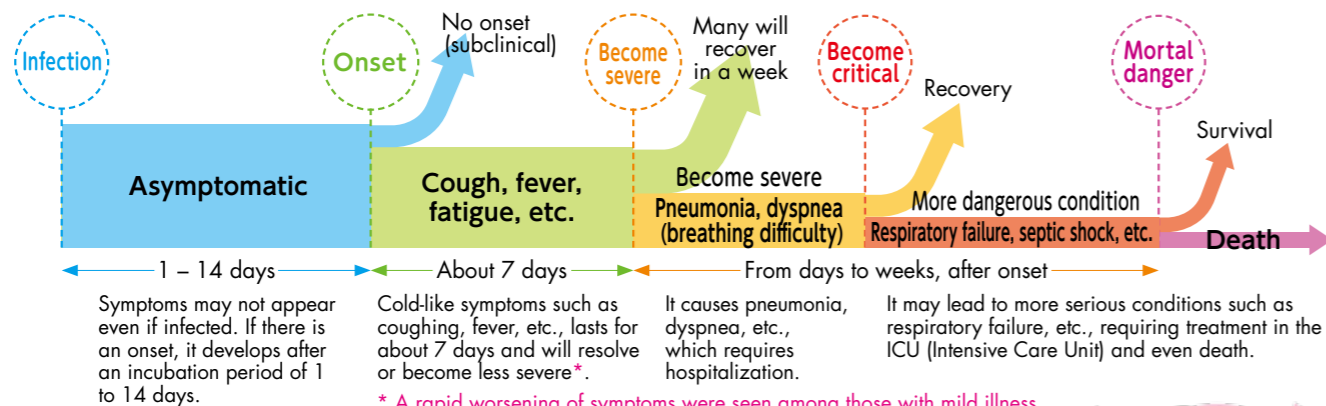


Elderly people and those with underlying illness are more likely to become severely ill.

- Those infected with COVID-19 may not show symptoms, and even after symptoms such as fever and cough continue, most recover in about a week or so without becoming severe.
- However, some will develop pneumonia and become more severe. Among those diagnosed with COVID-19, the proportion of those who become severely ill or die tends to be high in the elderly and low in the younger population.
- The rate of having severe illness is lower than before, and among those diagnosed after June 2020, the rate of severe illness is about 1.6% (0.3 for those at 50 years old and below, and 8.5% for 60 years old and above), with death rate at about 1.0% (0.06% for those at 50 years old and below, and 5.7% for 60 years old and above).
- Among those diagnosed with COVID-19, individuals at high risk of becoming severely ill include those with underlying illness, elderly people and some who are at later stage pregnancy.



Process from infection to onset



Examples of high-risk individuals

- Elderly people, those with underlying diseases such as hypertension, diabetes, heart disease, kidney disease, etc., especially those with unstable condition.
- Those who are being treated with immunosuppressants or anti-cancer drugs
- Pregnant women, etc.



What to do when an infection is suspected

Criteria for symptoms

- Symptoms of COVID-19 are similar to the common cold.
- When "suddenly having difficulty in breathing", etc., having symptoms such as those written in red in the box below, or other urgent symptoms (refer to page 5), it is necessary to immediately consult with a medical institution.

- ☑ **Having strong symptoms like breathing difficulty, intense lethargy, high fever, intense taste/smell abnormality, etc.**
- ☑ **Relatively mild cold symptoms like fever, cough, etc., continues**

Regarding the Saitama Prefecture Free PCR Test Program

Residents in Saitama Prefecture, who don't have any symptoms but are worried about infection due to being in an environment with a high risk of infection, may now receive free tests at pharmacies and drug stores. Please check the prefecture's website for details about participating stores, etc.

Website for the Saitama Prefecture Free PCR Test Program
<https://www.pref.saitama.lg.jp/a0710/vtpe.html>



Saitama Prefecture Free Test Program Consultation Counter

Telephone consultations regarding the Saitama Prefecture Free PCR Test Program are accepted, as well as inquiries about the scope of those eligible for the free test, etc.

- Telephone Number: 0570-200-607
- Reception Hours: 9:00 to 22:00 (including weekends and holidays)

Criteria for consultation with medical institutions, such as examination/consultation centers, family physicians, etc.

Having symptoms such as fever, cough, breathing difficulty, etc.

Having either strong symptoms or mild symptoms for more than 4 days (immediately for high-risk persons who have symptoms)

Mild symptoms that subside within 3 days

Consult with examination/consultation centers, family physicians, etc.

- When having symptoms, consult with medical institutions such as "prefectural support centers", "examination/consultation centers", family physicians, etc.
- During the COVID-19 epidemic period, it is possible to do telephone consultations and online medical examinations from the first visit. Telephone consultations should also be made first before going to see the family physician.



● When uncertain about the consultation or how to confirm the place for consultation (Saitama Prefecture Examination / Consultation Center)

Telephone Number: 048-762-8026 FAX: 048-816-5801

Reception Hours: 9:00 AM - 5:30 PM (also open on Saturdays, Sundays and public holidays)

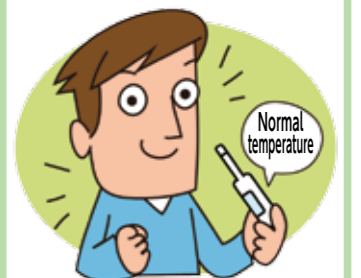
● Confirming the place for consultation / General questions (Prefectural Residents Support Center)

Telephone Number: 0570-783-770 FAX: 048-830-4808

Reception Hours: 24 hours a day, 7 days a week

Even if symptoms such as fever, cough, etc., have subsided within 3 days without taking any antipyretic medicine, it is still necessary to take regular body temperature, etc., and observe the condition for a while.

Wear a mask when going out.



Protecting yourself from infection and preventing the spread of infection

Following a "new lifestyle" to prevent infection

At the conference of experts for COVID-19 countermeasures, the following practical examples were provided as the "new lifestyle" to prevent infection and prevent the spread of infection. These cautionary measures are required even after taking the COVID-19 vaccine.

3 basics of infection control

- 1 Maintaining physical distancing
- 2 Wearing masks
- 3 Washing hands

Specific examples of lifestyles

- ◆ Keeping a distance of **2m (minimum of 1m)** from other people **as much as possible**.
- ◆ **Avoid face to face** conversation as much as possible.
- ◆ **Wear a mask even without having any symptoms** when in a conversation outside or indoors **if there isn't enough physical distancing**. However, **be careful of having heat stroke during the summer**.
- ◆ Make sure **to wash hands and face** first after coming home. Change clothes as soon as possible after going to a crowded place, and take a shower.
- ◆ Rinse **carefully with running water and soap** for **around 30 seconds** (alcohol hand disinfectants may also be used).
- ◆ Take **body temperature measurements** each morning, and **check for health status**. When having a fever or cold, try to relax and recuperate at home.



*Stricter physical condition management must be observed when meeting with elderly people and high-risk individuals (P2) with chronic illness
(Created based on documents provided by the Ministry of Health, Labour and Welfare)

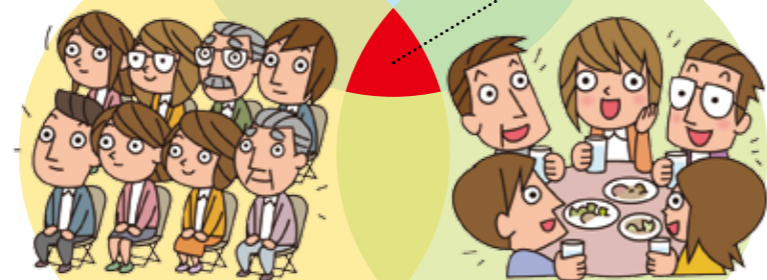
Avoid the 3 Cs (Closed spaces, Crowded places, Close contact), and talking out loud to prevent the spread of infection

- The 3 Cs (Closed spaces, Crowded places, Close contact) are important keywords to avoid in order to prevent the spread of infection.
- Even one could increase the risk of infection, but the risk of having a "cluster infection" jumps up with the combination of the 3 Cs. Hence, everyone should be aiming for "zero Cs".
- Furthermore, a loud voice also scatters virus in the air making it spread easier. This is especially the case in banquets, etc., where large groups of people tend to talk loudly, which also carries the risk of the virus sticking to food.

Closed space with poor ventilation



★The combination of the 3 Cs dramatically increases the risk of having a cluster infection (group infection).



Closed place where a large number of people gather

Close contact place where people talk close to each other

(Documents provided by the Ministry of Health, Labour and Welfare)

What is social distance?

The term "social distance" means maintaining a certain distance between people in order to prevent getting infected with COVID-19. The recommended distance from the perspective of droplet infection (refer to P2) is 2m, which also helps prevent the 3Cs.

Points of caution when doing home care

8 points for care at home

COVID-19 infection has been known to spread easily at home. The Ministry of Health, Labour and Welfare stresses the importance of "eight points" as measures against infection at home. These must be implemented immediately when an infection is suspected in order to avoid the spread of infection to family members who are particularly vulnerable to becoming severely ill such as the elderly, etc.

- 1 Allocate a separate room for those suspected of being infected
- 2 Limit the number of people who will take care
- 3 Everyone must wear a mask
- 4 Wash hands carefully with a soap
- 5 Ventilate regularly
- 6 Disinfect common areas that are touched by the hands
- 7 Wash linens and clothes such as dirty sheets and towels
- 8 Seal trash before disposal

How to ventilate

- Fully open windows on both ends at least once every 30 minutes, keeping it open for a few minutes to allow air to pass through.
- Try using an electric fan, etc., if there is only one window or none at all.



- ★ Avoid going out when having symptoms of suspected infection (refer to P3).
- ★ Family members and cohabitants may also be infected. Health condition must be carefully observed, by measuring for fever, and avoiding non-essential and non-emergency outdoor activities. Always wear a mask when going out and wash hands carefully.

Recognizing urgent symptoms



Contact a medical institution immediately when experiencing any of the following symptoms during medical treatment!

"Highly urgent symptoms" checklist that signals an aggravated condition

Facial expression / appearance

- Obviously poor facial complexion*
- Lips turned purple
- Different than usual, condition seems odd or not right*

Having impaired consciousness

- Absent-minded (has weak response)*
- Be in a haze (doesn't reply)*
- Pulse seems to be fluttering, with irregular rhythm

*Condition observed by family members

Difficulty in breathing, etc.

- Out of breath (short, quickened breathing)
- Suddenly having difficulty in breathing
- Shortness of breath when moving a little in daily life
- Having chest pains
- Unable to lie down, can't breathe unless sitting down
- Breathing convulsively, with wheezing breath
- Intense taste/smell abnormality

(Created from documents, etc., provided by the Ministry of Health, Labour and Welfare)

Regarding the after-effects of COVID-19

In case of having no fever or symptoms, or being unconscious about it (person who is unaware), an individual may already have COVID-19 and be healed without knowing it, and may also have symptoms of its after-effects. Furthermore, the after-effects can occur in anyone regardless of age.

Examples of after-effects symptoms

A sense of having fatigue

A person who was hospitalized and discharged three months ago after suffering from COVID-19, should have recovered from it, but can't move the body as expected or want to, and gets tired very quickly doing household chores (work).

Taste/smell abnormality

Sense of taste and smell have not been restored even after six months have passed since infection, and feeling anxious that it will not heal as it is.

Continued symptoms

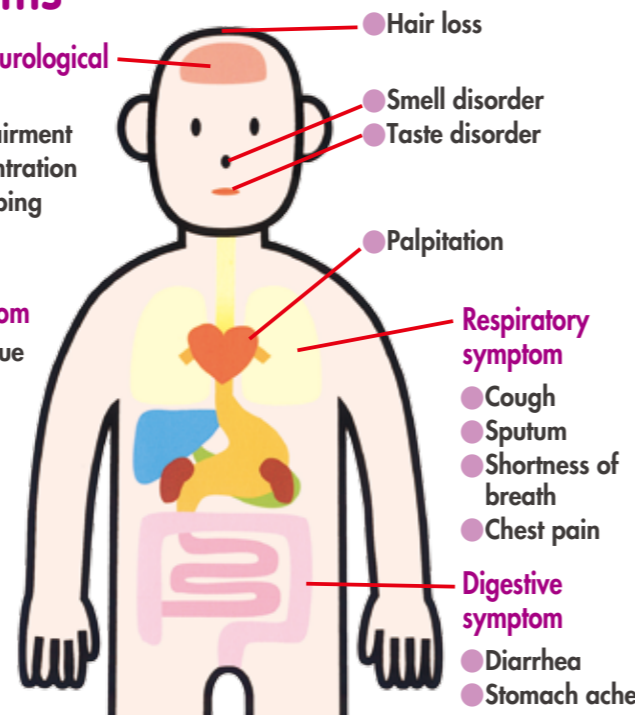
Still having persistent cough and breathing difficulty, which is affecting daily life. Low-grade fever does not go down and physical condition hasn't returned to normal.

Psychiatric / neurological symptoms

- Memory impairment
- Loss of concentration
- Difficulty sleeping
- Headache
- Depression

Systemic symptom

- Sense of fatigue
- Joint pain
- Muscle pain
- Numbness



When feeling anxious or uneasy, first confirm with the checklist from Saitama Prefecture.

COVID-19 after-effects consultation check sheet

○ Regarding the COVID-19 infection that caused the after-effects (Please write the date for each of the items. If not sure, write down as much as you know.)

Test date Positive finding date End of medical treatment date

○ Regarding the symptoms of suspected after-effects

Main symptoms	The Diagnosis / Treatment Department of nearby medical institution where consultation will be done	Degree of symptoms (score)					Period of continuous symptoms
		1	2	3	4	5	
A Breathing difficulty Cough Palpitation	Internal medicine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> weeks from around the beginning, middle, end of the month of <input type="text"/>
B Lethargy, sense of fatigue Headache Dizziness, with sensation of lightness on the body	Internal medicine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> weeks from around the beginning, middle, end of the month of <input type="text"/>
C Difficulty sleeping Feeling depressed Diminished thinking ability	Psychiatric Department Psychosomatic Medicine Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> weeks from around the beginning, middle, end of the month of <input type="text"/>
D Hair loss on head Other skin symptoms	Dermatology Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> weeks from around the beginning, middle, end of the month of <input type="text"/>
E Dizziness, feeling that eyes are whirling Smell disorder Taste disorder (feeling of discomfort in the mouth and throat)	Otorhinolaryngology Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> weeks from around the beginning, middle, end of the month of <input type="text"/>

Please consider consulting with a nearby medical institution according to the symptoms if all of the following items are marked with ✓.

- The medical treatment period for COVID-19 infection that caused the after-effects has already ended.
- The score for the most worrisome symptom is 3 or above (to the extent that it is starting to interfere with daily life).
- Symptoms with a score of 3 or above have continued for 4 weeks or longer.

On the check sheet, if the "Degree of symptoms" that start to interfere with daily life has a score of 3 or higher, and the "Period of continuous symptoms" has continued for 4 weeks or longer, use it as a guide when consulting a medical institution.

Consultation flow

When wanting to seek medical attention → First, consult with a family doctor, etc., at a nearby medical institution.

After it has been determined at a nearby medical institution that a specialized medical treatment for COVID-19 after-effects is necessary

→ Make sure to receive a doctor's "Letter of Introduction" and see a medical institution that conducts outpatient treatment for COVID-19 after-effects.

Points of caution when receiving medical examination

Unlike the treatment for COVID-19, treatment for its after-effects is the same as general medical treatment, and medical expenses, etc., are paid by the patient. Please bear this in mind when visiting a clinic.

Regarding outpatient treatment for after-effects

Saitama Prefecture, in cooperation with the Saitama Medical Association, has selected medical institutions that can perform examinations on the after-effects of COVID-19 and posted them on the website. Please be sure to bring a Letter of Introduction for the following after-effects outpatient consultation.

Points of caution

- ★ In making a reservation to the medical institution being referred to, each medical institution will accept the reservation through the person it designates (from the medical institution, from the patient, etc.).
- ★ If the symptoms span multiple medical departments, referral will be made to a medical institution that can handle multiple symptoms. Medical institutions that deal with multiple symptoms will become the core, and if necessary other outpatient facilities dealing with after-effects may be referred to for treatment.

Name of medical institution	Medical treatment hours accepting reservations	Reservation method
Kodaira Hospital (All medical departments)	● Monday, Tuesday, Thursday, Friday 9:00 - 17:00 (excluding non-consultation hours) ● Wednesday 14:00 - 17:00 ● Saturday (1st and 3rd week only) 9:00 - 12:30	Patients should call the reservation dial (048-499-4895) during reception hours (weekdays 10:00-18:00).
Kamifukuoka General Hospital (Multiple medical departments including Respiratory Department)	● Monday 15:00 - 16:00 ● Tuesday 11:00 - 12:00	The medical institution must call this hospital's Community Medical Liaison Office, and a reservation should be made in advance.
Saitama Neuropsychiatric Institute (Multiple medical departments including Psychiatry and Neurology)	● Monday to Saturday (excluding public holidays, year-end and New Year holidays) Medical treatment will be provided at the reserved time during the time period from 9:00 to 17:00.	Patients must call this hospital to make an advance reservation. Call Tel. No. 048-857-6811, press 1 on voice guidance, and say that you are "Requesting outpatient appointment for COVID-19 infection after-effects".
Saitama Red Cross Hospital (Respiratory Medicine Department)	● Please make a reservation using the first consultation referral frame of this hospital's Respiratory Medicine Department.	Patients must call the reception desk of this hospital and make a reservation in advance.
Saitama Medical University Hospital (Respiratory Medicine Department)	● Friday: 14:00 - 16:30 First visit: 14:00 - 15:30 Succeeding visits 15:30-16:30	Only for those who made a reservation by contacting the Saitama Medical University Hospital directly through a medical institution . Patients cannot make a reservation by themselves.
Saitama Medical University Hospital (Otorhinolaryngology Department)	● From 10:00, 1 person per day Every day from Monday to Friday	Only for those who made a reservation by contacting the Saitama Medical University Hospital directly through a medical institution . Patients cannot make a reservation by themselves.
Kawagoe Otolary Institute (Otorhinolaryngology Department)	● Tuesday, Friday 9:00 - 11:00, 15:00 - 17:00 ● Wednesday 9:00 - 11:00	Patients must call the reception desk of this hospital and make a reservation in advance.
Dokkyo Medical University Saitama Medical Center (Dermatology Department)	● Wednesday 14:00 - 15:00	The medical institution must call this hospital's Community Medical Liaison Office, and a reservation should be made in advance.

Please check the Saitama Prefecture website for more details.