

3. Health observation

Covid-19 patients may experience sudden deterioration of their health condition during recovery at home. Thus, please keep observing your own health (self-check).

- Measure your body temperature and oxygen saturation*, etc. every day and keep a record to check for changes in physical condition.
- Persons who live with the patient are among those in close contact with infected individuals and must check their health condition every day.
- Use a health observation sheet (refer to p.20).

Regarding the method of checking your health condition, make arrangements with your local health center and report your physical condition on a daily basis by any of the methods described on the following pages.

* If you fail to report, the personnel of the health center may visit you to check your safety.

* Oxygen saturation: An index which indicates whether the lungs are functioning normally and sufficient oxygen is being supplied in the blood. The Aichi Prefectural Health Follow-up Center will lend you a device for measuring oxygen saturation (pulse oximeter). Return the device in the return envelope after the end of the home recovery period.



Pulse oximeter
(reference normal
value: 95% or more)

(1) Individuals for whom an infection report is issued

○ Health observation using My HER-SYS (enter information on your smartphone)

- 1) Scan the QR Code or enter the URL in your smartphone.
- 2) The initial login requires a HER-SYS ID (eight digits) indicated in a short message sent to the smartphone of a patient.
- 3) **Enter your health condition at least once a day.**
If you need a consultation due to worsening symptoms, etc., contact the information desk for examination and consultation by telephone (Do not enter information in “Other matters to be reported to the health center” on My HER-SYS).
(<https://www.cov19.mhlw.go.jp/>)
(in Japanese)



Users Guide for My HER-SYS (for patients):

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00295.html

○ Health observation by making health calls

If you cannot respond to automated calls in the daytime, you can dial an exclusive number at your convenience to report your health condition.

Users guide for health calls: <https://www.mhlw.go.jp/content/10900000/000970972.pdf> (in Japanese)

○ Health observation through calls

If you cannot use My HER-SYS, your local health center will call you to check your health (the time cannot be specified). Make sure to answer the phone. Report your physical condition (body temperature, symptoms, such as coughing and nasal mucus, and pulse oximeter value).

(Reference) Recovery certificate on My HER-SYS (only individuals for whom an infection report is issued)

A patient can display a recovery certificate by logging in to My HER-SYS and clicking/tapping “Display a recovery certificate (療養証明書を表示する).”

If you finish the recovery period in seven days, a recovery certificate can be obtained on My HER-SYS.

Information leaflet about recovery certificate on My HER-SYS

<https://www.mhlw.go.jp/content/10900000/000934331.pdf> (in Japanese)

(2) Individuals other than those for whom an infection report is issued

- Conduct health observation by using a health observation sheet (refer to p.20).
- If your physical condition deteriorates, consult the Aichi Prefectural Health Follow-up Center (information desk for examination and consultation in the area where you live: refer to p.19).
- If you call an ambulance, make sure to inform the operator that you are a Covid-19 patient.