

**1. Designation of priority measures such as prevention of sickness**

- The mutated virus infection has and its sixth wave infection has spread.
- Priority measures such as prevention of spread have been issued in many areas including Ibaraki. **This is until February 20.**
- Ibaraki Prefecture also has an increasing number of infections, so caution is required.
- Omicron virus is very infectious. Outbreaks in nursery and schools are also occurring.
- There is a possibility that nursery and schools will be closed in the future.
- Restrictions on entry from overseas continued until the end of February (entry is possible if there are special circumstances)

**2. The third vaccination has begun.**

- Third vaccinations for elderly people aged 65 and over have begun in various places. It is 6 months from the second vaccination.  
If it has passed, you can inoculate.
- Vaccine coupons will be mailed to your home. The paper is numbered.
- Contact the city hall where you live by phone, WEB, LINE, etc. to make an appointment for vaccination.
- If you are going to the hospital or have an underlying illness and are uneasy, please consult your family doctor.
- Regarding the type of vaccine, it is said that it is effective to use a vaccine different from the previous one.

**3 The rules for inspection and home quarantine have changed. (Important)**

- In the past, if someone became positive, a person contacted such as a family member living together or at work, had a PCR test.

It will be changed.

The family that lives together is basically a close contact. Home quarantine 7 days from the day after you come into contact with a person who has tested positive even though they have not had a PCR test.

In this case, please observe your health such as body temperature every day. (You cannot go to work, go to the nursery or go to school)

If you have symptoms such as fever or cough, make a phone reservation first to the Fever

Outpatient Department (in the hospital) before going.

- If an infected person appears at school, nursery or workplace, people with close contact may undergo a PCR test. (Asymptomatic)

) If the test is negative, you can go to work or go to school.

- If you became a close contact due to having a conversation with a positive person without wearing a mask, even if the PCR test is negative, the rule will be the same.

You will undergo home quarantine for 7 days.

#### 4 Special cases for other kinds of frontliners

- If a person who is engaged in work such as childcare, nursing care or firefighters becomes a close contact, the person who is quarantined at home and asymptomatic can perform a PCR test on the 4th and 5th day, and if they are negative and asymptomatic, they can return to work sooner. Follow instructions at work.

#### 4. When you are worried about your infection

Measure body temperature every day and record who came in contact with and where they went

① There is a possibility of fever of 37.5 degrees or higher, headache, throat pain, cough and fatigue.

(2) Be careful even if a positive person appears in your family or someone you have recently met.

At the time of ①②, contact the company, the school where the child is going, the nursery school, etc. and refrain from going to work or going to the nursery.

If you are instructed to undergo an inspection from your workplace or school, please do so.

#### 5. If the test is positive, how to spend at home quarantine

Follow the instructions of the health center where to spend your time. Don't go out on your own.

##### <8 points>

① Have separate rooms at home, the place where you have meals, bedrooms, etc. (2 m or more, leave a partition, etc.)

② Take care of the infected person (avoid people with chronic illness and pregnant women)

③ Put on a mask (If you remove it without touching the mask surface, treat it hygienically and wash your hands)

④ Frequently wash and disinfect hands (do not touch eyes, nose, mouth with hands)

⑤ Ventilate

⑥ Disinfection of touchable areas (doorknobs, toilets, switches, etc.) Do not share towels

- ⑦ When washing clothes, wear gloves and a mask, wash and dry completely.
- ⑧ Seal and throw away the trash (put the tissue with your nose in the trash bag immediately)

## **6. Q & A**

### **Q1. My family underwent a PCR test. Can I go to a company, school, or nursery school?**

**A1.** After it is decided to undergo the PCR test, the family living together will not go to the kindergarten or go to work.

Be sure to inform the garden or workplace that your family has been tested.

### **Q2. Examination costs**

**A2.** If you are examined at a fever clinic (HATSUNETSU GAIRAI) and on medical advice take a test, you will not be responsible for the test, but you will have to pay the doctor's examination fee before the test. Covered by medical insurance (30% self-pay)

If you do not have a fever and are voluntarily inspected, you will not be covered by medical insurance (100% self-pay).

### **Q3. In case you lost income from the company you work**

**A3.** If the company is closed due to the infection and you become out of work, you can receive a leave allowance (about 60% of your salary) from the company. If the company does not provide the allowance, you can apply for a "leave of absence support / benefit" to the country. The deadline for April-December 2021 is the end of March.

### **Q4. Guarantee when a child's school, etc. is closed and he / she is absent from work when he / she waits at home with a close contact.**

**A4.** If the company finds a special vacation when it is absent due to corona, apply for it. If you do not have special leave, you can also apply for annual paid leave.

**Q5.** Guarantee in case of being infected with corona due to work of the company and becoming positive and hospitalized or receiving medical treatment at home

**A5.** It will be a company accident and you will be able to receive medical expenses and leave compensation.