

IF YOU TEST

POSITIVE FOR COVID-19...

REGISTER YOUR RESULT

Please register your name, address, phone number and code of the medical institution where you were examined (see below), as well as documents showing proof of examination at the medical institution.



Visit the website below for more details.

<https://www.pref.saitama.lg.jp/a0710/covid-19/youseisya-touroku.html>

Registration Inquiries (COVID-19 Registration Service 9:00-18:00)

0570-007-989

Exemptions Registration not required if:

- ① You are 65 years or older (on the date of examination)
- ② You require hospitalisation as determined by your doctor
- ③ You are at risk of becoming seriously ill, and require medication or oxygen as determined by your doctor
- ④ You are pregnant

Report your health condition on My HER-SYS

In accordance with the Act on Infectious Diseases Article 44-3, Paragraph 2, please report your health condition on My HER-SYS (the self-registration system for positive COVID results).

Seek help if your symptoms worsen

COVID-19 Consultation Service: 0570-089-081 (available 24 hours, 7 days a week)

For people with hearing loss: FAX 048-643-7107 (Home Isolation Support Centre: open 24 hours, 7 days a week)

Call this emergency hotline if your symptoms worsen and you are not registered.

Complete your positive COVID result registration as soon as possible and **check the direct phone number of your designated Home Isolation Support Centre** (registered users can call this number to speak to a registered nurse, open 24 hours a day).

Medical institution of examination (医療機関の方へ 予め記入の上でお渡してください。埼玉県外の医療機関は、コードを0000000としてください)

Institution
Code:

7ケタの数字 (10ケタある場合は後ろの7ケタ)

Address/
Institution name:

市町村と名称

Steps after testing for COVID-19

If you test negative

Resume your daily activities while continuing to take preventative measures.

If you test positive

The process changes if any of the following 4 conditions apply.

- ① You are 65 years or older (on the date of examination)
- ② You require hospitalisation as determined by your doctor
- ③ You are at risk of becoming seriously ill, and require medication or oxygen as determined by your doctor
- ④ You are pregnant

Testing conducted outside of Saitama Prefecture

Contact your local government or public health centre.

If **ANY** of the conditions listed in ①~④ apply to you
(Registration completed by medical institution)

■ The medical institution will register your result

The medical institution you were examined at will notify the public health centre of your positive result, so you **do not need to self-register** with the Saitama Prefecture COVID-19 Registration Service. You will be sent a pulse oximeter (application not required).

■ Receive notifications

You will receive notifications about the following via SMS or phone call.

- Name of medical institution and contact **phone number**
- Isolation period
- HER-SYS ID (*required for My HER-SYS registration)
- How to apply for quarantine accommodation

■ The public health centre will monitor your health

After registering with My HER-SYS, please record information such as your temperature. The health centre will monitor your health and check in on your condition by phone.

■ Stay at home until you have completed your isolation period as directed by your doctor

Even if you are nearing the end of your isolation period, it may be extended if you have a fever or severe cough.

If **NONE** of the conditions listed in ①~④ apply to you
(Registration NOT completed by medical institution)

■ Self-register your positive result

Please **self-register** on the Saitama Prefecture COVID-19 Registration Service (see back page). You can apply for a pulse oximeter and quarantine accommodation at the time of registration.

■ Receive notifications

Once you have registered, you will receive notifications about the following via SMS or email.

- Your designated Home Isolation Support Centre's **direct phone number**
- **HER-SYS ID** (*required for My HER-SYS registration)

■ Self-monitor your health

After registering with My HER-SYS, please record information such as your temperature and monitor your symptoms. If your symptoms get worse, contact the Home Isolation Support Centre.

■ Stay at home until you have completed your mandatory isolation period

Please see below for more information. You will not be notified when your isolation period ends, or receive a certificate of recovery.

Access My HER-SYS

Self-registration system for positive COVID results.

<https://www.cov19.mhlw.go.jp/>



My HER-SYS Users' Guide

<https://www.pref.saitama.lg.jp/a0710/covid-19/observe.html>

Ministry of Health, Labour and Welfare
(9:30-18:15, Mon-Fri exc. public holidays)
03-5877-4805

Mandatory Isolation Period

You must isolate at home until 7 days have passed since the onset of symptoms, and until 24 hours have passed since recovering from symptoms. You may leave home on the 8th day. The isolation period will be extended if symptoms persist, you are in hospital, or in an aged care facility.

During the isolation period, you may leave home to shop for essentials once 24 hours have passed since recovering from symptoms.

<https://www.pref.saitama.lg.jp/a0710/covid-19/jitaku/home.html>

