

# IF YOU ARE WORRIED YOU CONTRACTED COVID-19



1

TESTING · VISITING A DOCTOR

If you have symptoms such as a fever, and would like to visit a medical institution, or you have no symptoms but are worried about being infected, please refer to the below options.

[In effect as of May 8, 2023]



## VISIT YOUR FAMILY DOCTOR/GP OR NEARBY CLINIC

Those who have symptoms such as a fever, cough, or sore throat, and would like to visit a doctor, please consult your **family doctor / GP or a nearby medical institution**.

If you would like to see a doctor but are unsure of where to go, please call a Medical Consultation Center.



Hokkaido COVID-19 Medical Consultation Center	0120-303-111
Sapporo: COVID-19 Medical Consultation Center	011-350-5877
Emergency Medical Consultation Center Sapporo	011-272-7119
Asahikawa: Medical Consultation Center	0166-25-1201
Hakodate: Medical Consultation Center	0120-568-019
Otaru: COVID-19 Consultation Center	0120-890-177



## BUY A TEST KIT

If you'd like to take a COVID-19 test, they are available for purchase.  
(The Free Testing Program ends as of May 7, 2023.)

Antigen test kits can be purchased at pharmacies. When purchasing a self-test kit on the internet, etc., please check whether it is listed in the list of "In vitro diagnostic medical products (government approved)" posted on the website of the Ministry of Health, Labour and Welfare.

If you search for "corona test kit" etc. on the Internet, many test kits displayed are technically "for research (研究用)" and are not approved by the Ministry of Health, Labour and Welfare, so please be careful not to purchase these by mistake.

For details, please check the links below. (Japanese only)

### **[Approved general-purpose antigen test kit (OTC) for COVID-19]**

[https://www.mhlw.go.jp/stf/newpage\\_27779.html](https://www.mhlw.go.jp/stf/newpage_27779.html)

### **[List of pharmacies handling medical antigen test kits]**

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000082537\\_00001.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000082537_00001.html)



## MEDICAL EXPENSES

Starting from May 8, 2023, as a general rule all medical expenses related to COVID-19 will be borne by the patient.

If you are enrolled in a Japanese health insurance plan, in principle you will only be responsible for 30% of the costs. Be sure to remember your health insurance card when you visit the doctor.

If the result of the test is "positive," or "high risk" and the result is suspected to be positive, please proceed to page 2.





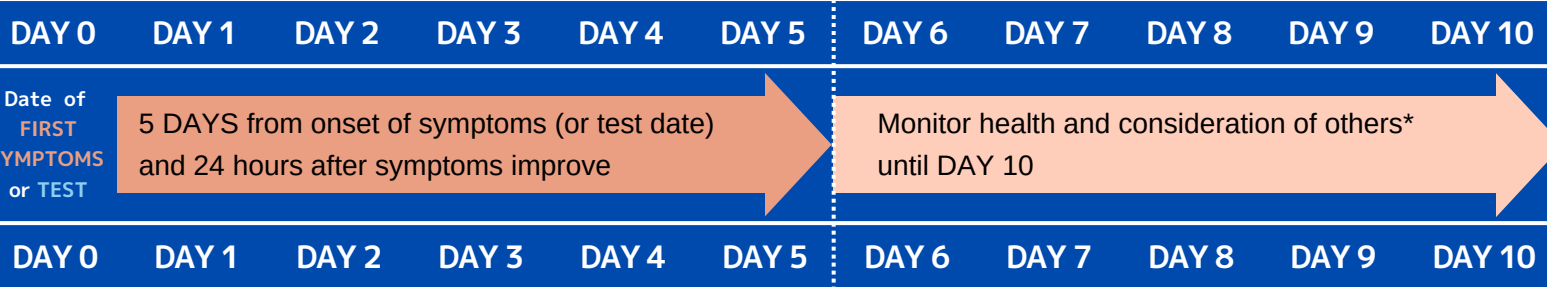
# IF YOU TESTED POSITIVE FOR COVID-19

## 2 RECUPERATION · CONSULTATION

How long should I stay home if I test positive? Who should I contact if I suddenly feel unwell? Why is there no longer any support? This page contains information on the general recuperation period as well as various centers for consultation.

### RECUPERATION PERIOD

From May 8, 2023, COVID-19 patients will no longer be asked by law to refrain from going out. Whether or not to refrain from going out will be up to the individual. Below is the recommended period to refrain from going out if you have tested positive for COVID-19, so please refer to it when making your own decision.



\*Consideration of others: there is a possibility of viral shedding for up to 10 days from infection, so please be careful not to infect others around you (for example: wear a non-woven mask, refrain from contact with high-risk individuals (such as the elderly), etc.)

### CONSULTATIONS



#### IF YOUR CONDITION WORSENS WHILE RECUPERATING

If your conditions worsens while you are recuperating, please contact a Medical Consultation Center.

Hokkaido COVID-19 Medical Consultation Center	0120-501-507	(8:00 ~21:00)
Sapporo: COVID-19 Medical Consultation Center	011-350-5877	(8:00 ~ 21:00)
Emergency Medical Consultation Center Sapporo	011-272-7119	(24/7)
Asahikawa: Medical Consultation Center	0166-25-1201	(24/7)
Positive Patient Support Center	0166-21-3720	(9:00 ~ 20:00)
Hakodate: Medical Consultation Center	0120-568-019	(24/7)
Otaru: COVID-19 Consultation Center	0120-510-010	(24/7)



#### IF YOUR CONDITION WORSENS SUDDENLY

In the case of an emergency, or if you need an ambulance, please call 119 directly.



#### Hokkaido Foreign Resident Support Center

9:00 ~ 12:00, 13:00 ~ 17:00  
MON~FRI

If you don't know where to consult, need an interpreter when calling any of the consultation centers, or would just like to know more about countermeasures and policy, please contact the Hokkaido Foreign Resident Support Center

You can consult in English, Chinese, Korean, Vietnamese, Tagalog, Thai, Ukrainian, Russian, Spanish, Portuguese, Nepali, Indonesian, Burmese and Khmer.

[www.hiecc.or.jp/soudan](http://www.hiecc.or.jp/soudan) support@hiecc.or.jp TEL: 011-200-9595 FAX: 011-221-7845

