

## **When someone in your family is thought to be infected with novel coronavirus**

### **Use separate rooms**

- **Keep the rooms used by the infected person and other people in the household separate as much as possible.**

Use separate rooms even for meals and sleeping.

If there are children in the household or the number of rooms is insufficient and separate rooms cannot be used, it is recommended that a minimum distance of 2 meters be kept between the infected person and other people, and a partition, curtain or similar be used.

If sleeping together, lie with heads at opposite ends of the bed.

- **The patient should remain in their designated room as much as possible.**  
Keep usage of toilet, bathroom and other shared spaces to a minimum.

### **Limit care of the patient to one person as much as possible**

- **People such as those with pre-existing conditions affecting the heart, lungs or kidneys, diabetics, people with weakened immune systems and pregnant women should avoid taking care of the infected patient.**

### **Wear a mask**

- **Do not take a used mask out of the patient's designated room.**
- **Do not touch the outside surface of the mask.**  
Remove the mask by the elastic bands.
- **After removing the mask, be sure to wash your hands with soap.**  
Alcohol-based hand rub may be used instead.

\*Should the mask become soiled, replace it with a clean, dry mask immediately.

\*When a mask is not available, cover the mouth and nose with a tissue, etc. when coughing or sneezing.

### **Wash your hands frequently**

- **Wash your hands with soap frequently. Use alcohol-based hand rub.**  
Touching the eyes, nose, mouth, etc. with hands that have touched the virus can lead to infection via the mucous membrane and conjunctiva. Do not touch your eyes, nose, mouth, etc. with unwashed hands.

### Ventilate

- **Ventilate the patient's room regularly.**

Also air shared spaces and other rooms by keeping windows open.

### Disinfect surfaces in shared areas

- **Disinfect surfaces in shared areas (e.g. door handles, knobs, bed rails, etc.) by wiping down with a diluted solution of household chlorine-based bleach, then wipe again with a damp cloth.**
- **Rinse the toilet and sink / basin with regular household detergent, and disinfect frequently with household disinfectant.**

Towels, clothing, crockery, cutlery, etc. can be washed normally.

Washing the items used by the patient separately from those used by others is not necessary.

- **Do not share unwashed items.**

Be careful not to share towels in the restroom, bathroom, kitchen, etc.

### Using disinfectant

Sodium hypochlorite (*jiaensosan natoriumu* / 次亜塩素酸ナトリウム), found in household chlorine-based bleach, and ethanol disinfectant are said to be effective in disinfecting surfaces contaminated with the novel coronavirus. The virus can survive on surfaces for some time after contact, and may remain on door handles and knobs, bed rails, etc. After wiping surfaces with a 0.05% solution of sodium hypochlorite (diluted bleach), wipe again with water or alcohol.

Clean the toilet and sink / basin frequently. Rinse with household detergent, then use a household disinfectant with a 0.1% solution of sodium hypochlorite (diluted bleach).

### Wash soiled sheets and clothing

- **Be sure to wear a mask when handling bedsheets and clothing soiled with bodily fluids. Wash with regular household detergent, and dry completely.**

The virus has been detected in faecal matter.

### Seal and dispose of waste

- **Tissues used to blow or wipe one's nose should be immediately placed in a plastic bag, and the bag sealed before taking out of the patient's room for disposal.**

After disposing of the waste, wash your hands with soap immediately.