



What should I do if I think I have **COVID-19**?



Getting tested

If you are **symptomatic**...
(you have a fever, cough, and/or other symptoms)

...and you are at risk of severe illness:

Go to the hospital immediately!

*Make sure to call before you go.

...and you are **NOT** at risk of severe illness:

You can either:

- ▶ Get tested at a medical institution.
*Make sure to call before you go.
- ▶ Use a self-test kit.

If you are **asymptomatic**...
(but you think you may have COVID-19)

You can either:

- ▶ Go to a free testing center
- ▶ Use a self-test kit

Individuals at risk of severe illness:

- ▶ Adults over 65 years old
- ▶ Pregnant individuals
- ▶ Has underlying medical conditions
- ▶ Has severe fever or cough due to COVID-19

Scan the QR code for a list of
hospitals and other medical
institutions:



Or search for:

えひめけん いりょうきかん
愛媛県 コロナ 医療機関

If you're still not sure where to go,
call the COVID-19 Support Hotline:
089-909-3483 (24h/7d)

- ▶ Free COVID-19 Test Support
Hotline:

080-0080-7893
(Mon-Fri 9am-6pm)

- ▶ Information on getting COVID-19
tested for free:



Or search for:

えひめけん むりょうけんさ
愛媛県 無料検査

What should I do if I test positive?

If you are at risk of severe illness:

Medical staff will inform you of the proper way to treat your symptoms. You will also get a message from your local Health Center.

- If you are told that you will need to be hospitalized, please comply with the staff and stay at the hospital.
- If you are told that you will NOT need to be hospitalized, please go home and start treating your symptoms at home. The Health Center or hospital will call or message you every day to help monitor your health.

*If you self-tested and are positive, please go to the hospital.

If you are NOT at risk of severe illness:

▶ ...and you test positive at a medical institution:

Medical staff will inform you of the proper way to treat your symptoms at home. You will also receive a “Guide to Treating COVID-19”.

- Please measure your temperature every day, once in the morning and once at night.
- If your symptoms worsen, please call the Ehime Self-Treatment Support Hotline or the hospital. Your local Health Center will NOT contact you to follow up on your condition.

*The number for the Ehime Self-Treatment Support Hotline will be written in the “Guide to Treating COVID-19”.

▶ ...and you test positive at a free testing center or by using a self-test kit:

Please report your result to the Ehime Positive Results Registration. After you register, you will receive an email with information on how to treat your symptoms at home.

Ehime Positive Results Registration

Scan the QR code
or search for:

えひめけん
愛媛県

ようせいしゃとうろく

陽性者登録センター



If you are in your 20s-40s and do not have underlying medical conditions:

- Please take medication and treat your symptoms at home, even if you have a fever or cough.
- If your symptoms worsen, please call the Ehime Self-Treatment Hotline or the hospital.

Timeline for Self-Isolating at Home

Day	0	1	2	3	4	5	6	7	8	9	10	11
Symptoms begin	Stay at home, avoid contact with others, and treat your symptoms.							If your symptoms lessen (no fever, no cough, etc.) <u>without</u> taking medication, you may resume normal activity starting Day 8 , but please continue to monitor your health.				
Asymptomatic, but test positive	Stay at home and avoid contact with others.							If you continue to have no symptoms, you may resume normal activity starting Day 8 regardless if you take a test or not.				
	Stay at home and avoid contact with others.					If you continue to have no symptoms and you test negative on Day 5, you may resume normal activity starting Day 6.						