

What if you think you might have been infected with the coronavirus during the year-end and New Year holidays?

Do you have symptoms such as fever?

Yes

No

Persons under 64
with slight symptoms

- Obtain a test kit from a pharmacy or online, and test at home
- **Test at home using a test kit distributed at the Esashi General Branch Office**

- Persons 65 and up
- Persons under 64 with severe symptoms
- Persons with underlying conditions
- Persons currently pregnant

- After obtaining a tests from a pharmacy, online, etc., you test **positive** at home
- ※ If you are 65 or older, have an underlying condition, or are currently pregnant, please consult a medical institution.

Positive

Negative

Receive an examination at a testing center.

- Even if you test negative, rest at home while you are symptomatic
- Seek medical attention if symptoms persist or worsen.

- ① Register with the Iwate Positive Cases Registry Center
- ② Register with MY HER-SYS

Please register with MY HER-SYS if you are receiving treatment at home.

When registration with the Iwate Positive Cases Registry Center is completed, the Iwate Health Follow-up Center will send a registration URL and ID for MY HER-SYS to your smartphone. Once registered, you will be able to monitor your health on your smartphone, so please enter your body temperature and physical condition once a day.

The information you enter can be checked at the public health center or the Iwate Health Follow-up Center, so if your physical condition deteriorates, you can receive smooth consultations.

If your conditions worsen...

Contact the Iwate Health Follow-up Center

TEL 0570-089-005 (Available 24 hours a day)

[Required for registration]

- A photograph of the kit or a photograph of the test results notification
- A photograph of personal identification documents

[Register here]



◀ Application Form



◀ Cautions

※ In order to receive admission to facilities for long-term recuperation, food assistance, rental of a pulse oximeter, or other health support, you must register with the Iwate Positive Cases Registry Center.