

August 3, 2022

Request to Hyogo Citizens for Cooperation: To Overcome the Rapid Infection Surge

In order to prevent hospitals from being overwhelmed, we are asking COVID-19 patients with mild symptoms to recuperate at home, and we are providing care according to their condition. However, the number of patients recuperating at home is on the rise, exceeding 70,000 within Hyogo Prefecture.

As the number of patients is expected to rise even further, we ask Hyogo citizens to follow the instructions below in order to build a system where everyone can receive adequate treatment without worry, allowing more symptomatic patients to have access to necessary medical services.

Hyogo Prefectural Government

If you test positive on a self-test, register with the Self-Recuperation Registration Center.

Currently, as the number of new cases rapidly increases, many patients are visiting designated medical institutions for testing and treatment.

To ensure that patients with more severe symptoms or higher risks can have access to adequate medical services, Hyogo Prefecture distributes the “antigen test kit” to those with mild symptoms and lower risks of symptom exacerbation (in principle, those under 60 with no underlying conditions) upon request so that they can conduct a self-test before visiting medical institutions.

If you test positive on a self-test, you are requested to recuperate at home after registering with the Self-Recuperation Registration Center established by Hyogo Prefecture. Upon request, the Center will support issuance of self-recuperation certificates.

For more information (written in Japanese) on the distribution of the antigen test kit and registration for self-recuperation, visit

<https://web.pref.hyogo.lg.jp/kf16/corona/kithaihujsyuryouyou.html>

Be prepared by stockpiling food and medicine in advance.

Please check and prepare what you need in advance so that you will not run out of food, daily necessities, and medicine for the 10-day period of recuperation when you get infected.

Refrain from visiting medical facilities just to confirm that you are negative.

Please refrain from visiting medical institutions just to get tested (e.g., to confirm that you are negative when you do not have any symptoms), as this will cause an overburden on the healthcare system. If you wish to get tested but do not have symptoms, please take the free test provided by Hyogo Prefecture instead.

If you have symptoms and are not sure whether you should see a doctor, or if you are concerned about whether you have been infected, please contact consultation centers such as the Health Consultation Call Center. If, after consultation, it is determined that you need to see a doctor, please call and visit a designated medical institution.

Hyogo Prefecture distributes the “antigen test kit” to those with mild symptoms upon request. If you test positive on a self-test, please register with the Self-Recuperation Registration Center.

Help reduce the burden on the authorities regarding the issuance of certificates.

Medical institutions and public health centers mainly handle patients with moderate and severe symptoms and those at high risk of symptom exacerbation. Due to the rapid infection spread, it has taken some time to issue recuperation certificates at public health centers and other institutions.

For the time being, during the rapid infection surge, please wait before requesting public health centers to issue recuperation certificates, etc. for the purpose of receiving medical insurance benefits. Please also refrain from requesting negative test result certificates for resuming work. Electronic recuperation certificates can be issued through the “My HER-SYS” system run by the Ministry of Health, Labour and Welfare, so please consider this option in case of urgency.

COVID-19 patients do not need to submit any documents indicating negative test result to resume work after the treatment is completed, because their hospitalization or recuperation at an accommodation facility or home will end after medical/healthcare professionals confirm their recovery. Therefore, we ask that employers not to require their employees to submit any certificates when they resume work or have been absent from work.