

Procedures for having a COVID-19 PCR test

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

These are the procedures when you are worried.

Call your primary care doctor first and have medical examinations in the following order.

1. **Have medical examinations at your primary care doctor and apply for a PCR test.**

Your primary care doctor will decide whether a PCR test is necessary or not. In the case that you need to be tested, the hospital will make your appointment for the PCR test.

The hospital will give you a “Reservation Confirmation Slip.”

The Reservation Confirmation Slip shows the date, time, and place of the PCR test you will have.

If you are not feeling well and cannot go to the PCR outpatient for a PCR test, please call the hospital and tell that you cannot receive the PCR test on that day.

2. **Take a PCR test at PCR outpatient.**

Please go to the hospital indicated on the “Reservation Confirmation Slip” at the specified date, time, and place.

Be sure to be on time.

The test result will be available a few days after the test.

Please do not go out until you get the result of your PCR test.

If you feel sick, call your primary care doctor.

3. Notification of PCR test results

Your primary care doctor will contact you by phone.

1) In the case of positive (infected with COVID-19)

Your doctor will diagnose your symptoms.

Your doctor will decide whether you should be hospitalized or not.

The Public Health Center will call you.

The Public Health Center will ask your “close contacts (people who were in close contact with you).”

Your cooperation as to the survey is requested.

2) In the case of negative (not infected with COVID-19)

You should spend your time at your home until your symptoms disappeared.

Please avoid 3 Cs (Closed Spaces, Crowded Places, and Close Contact), and follow proper cough etiquette.

When coughing or sneezing, use a mask, tissue paper, handkerchief, sleeve, or the elbow to cover your mouth and nose.

Contact Party :

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〒192-0083

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URL: <http://www.facebook.com/hachiojistikusaikyokai>

Monday-Saturday 10AM-5PM

Tokyo Coronavirus Support Center for Foreign Residents

You can consult if you have any problems with COVID-19.

You can be consulted in foreign languages.

The interpreter will be provided.

[Tel:0120-296-0004](tel:0120-296-0004)

Monday-Friday 10:00~17:00

(Closed on Saturdays, Sundays, and national holidays)