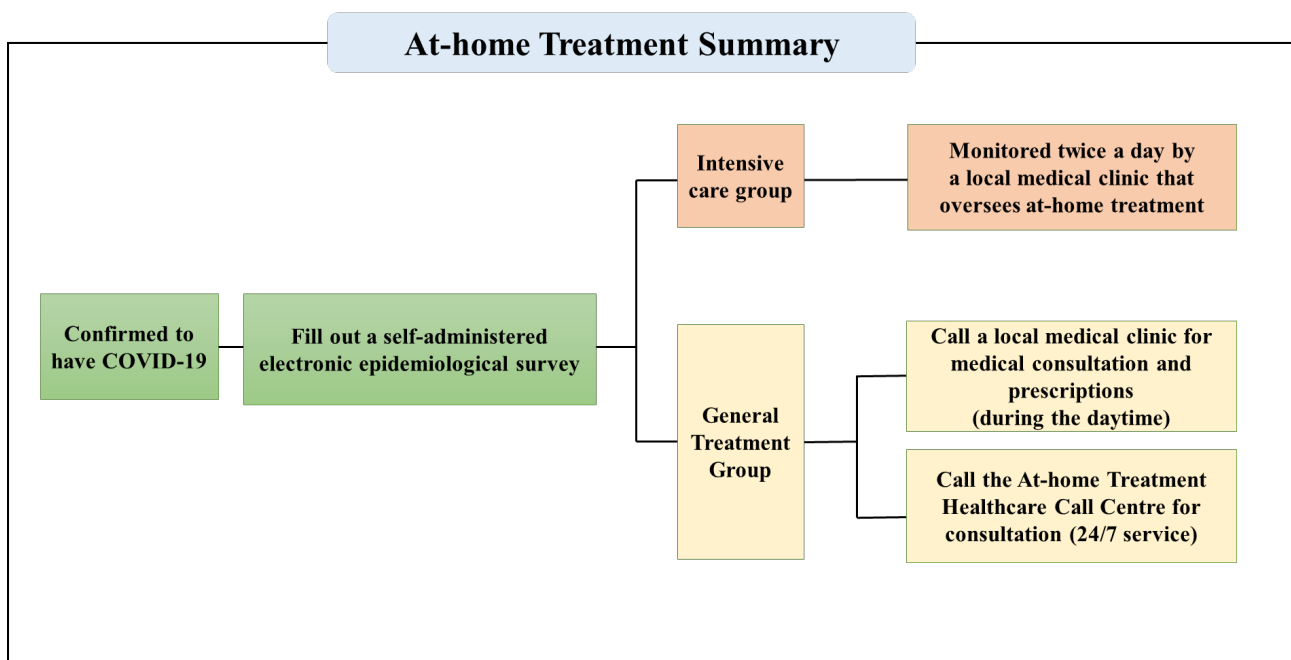


You have tested positive for COVID-19 and are a confirmed case. While wishing you a quick recovery, we are informing you about the guidelines on quarantine and treatment for a confirmed case and the behavioural guidelines for a cohabitant of a confirmed case. This notice has been sent only to you, the one confirmed to have the illness. Please convey the information provided below to anyone who is cohabitating with you.

* The instructions may be subject to change, should the relevant guidelines be amended.

1. Confirmed Cases

- **(About Treatment)** The Omicron variant has a lower severity than the Delta variant and is often asymptomatic. Patients with a mild case can recover by taking fever or cold medications.
 - Be sure to get plenty of rest and take enough liquids.
 - When symptoms do appear, take pain relievers, fever reducers, or cold preparations.
 - If you have a mild case (e.g. a sore throat, etc.) and have taken fever reducers and cold medications, such symptoms improve or disappear in most cases.
 - * However, members of the high-risk group can take (oral) anti-viral medications.
- If you suffer from a fever or other symptoms that require medical treatment, you may consult with a doctor by telephone and get a prescription.
- * Please be careful not to make repeated calls to different medical facilities to receive medical consultations or prescriptions (The medical service fees for non-COVID-19 diseases will be charged to you).



- **(About Quarantine)** Be sure not to go outside your place of residence until your PCR test result comes up after your test sample was collected. For a confirmed case, the quarantine period mandated by the law runs from the day of notification of your positive PCR test result (or the day when your PCR test result comes up positive) to the day of your quarantine release. You are quarantined at your home, a COVID-19 residential treatment centre, or a medical facility. You are released from quarantine at midnight on the seventh day after your test sample was collected.
 - * If it is inevitable for you to go outside your place of residence to receive treatment from a doctor, be sure to make an appointment at the hospital; wear a KF94 mask (or one of a comparable grade) at all times; minimize your contact with other people; go on foot, in a private car (driven by you), or by quarantine taxi; and **return to your place of residence immediately after treatment.**

- To prevent the spread of infectious disease, be sure to stay at home and not go out. Use a separate bathroom; use personal items separately; and sanitize everything frequently.
- * If you violate your obligation to quarantine, you may be subject to criminal prosecution and punishment in accordance with the Infectious Disease Control and Prevention Act.
- No medical examination is required prior to your quarantine release.

★ Precautions to observe for 3 days after your quarantine release: You may now go outside your place of residence, to school or work, for example. However, be sure to wear a KF94 mask (or one of a comparable grade) at all times; restrict your use of (or visits to) places where the risk of infection is high (multipurpose facilities, places vulnerable to infection spread); and avoid social gatherings.

- Be sure to convey these guidelines to persons who live with you, and ensure the quarantine rules are strictly followed.

2. Cohabitants of Confirmed Cases

★ The period during which the recommendations should be observed

- ✓ You are advised to observe the recommendations for the next 9 days after the day when your confirmed cohabitant in at-home treatment took a PCR test, whether you have been fully vaccinated or not.
- ✓ You are advised to take a PCR test within the next 2 days after the day of your confirmed cohabitant's PCR testing.
- ✓ You are advised to take a rapid antigen test on the 5th or 6th day after the day of your confirmed cohabitant's PCR testing, should your PCR test result comes up negative.
- ※ If you are aged 60 years or older, you are advised to take a PCR test within the next 2 days after the day of your confirmed cohabitant's PCR testing; and even if your PCR test result comes up negative, you are advised to take a PCR test on the 5th or 6th day after the day of your confirmed cohabitant's PCR testing.

- **(Recommendations)** Infectivity is high around the time one is confirmed to have the disease. Therefore, persons staying in the same residence with a confirmed case have a high possibility of also getting infected, which makes medical examinations and monitoring necessary.
 - You are advised to take a **PCR test within the next 2 days after the day** when your confirmed cohabitant in at-home treatment took a PCR test (or after the day when your confirmed cohabitant's test sample was collected). After taking a PCR test, you are advised to stay at home until your PCR test result comes up negative.
 - * If you show one of the public health workers at your local public health centre the text message that your cohabitant has tested positive for COVID-19 and is a confirmed case, you are allowed to take a PCR test.
 - ※ If suspicious COVID-19 symptoms appear, take a rapid antigen test at the medical facility. The medical service fee will be charged to you.
 - You are advised to take a **rapid antigen test on the 5th or 6th day** after the day when your confirmed cohabitant in at-home treatment took a PCR test (or after the day when your confirmed cohabitant's test sample was collected).
 - * You are advised to take the rapid antigen test in the fastest and easiest way (e.g. visiting a medical facility performing a rapid antigen test when suspicious symptoms appear or testing yourself for COVID-19 at home).
 - * If you are aged 60 years or older, you are advised to take a PCR test.
 - * If your test result comes up positive at a rapid antigen test performed by a medical professional, you are advised to follow the instructions of the medical professional (doctor).
 - If your PCR test result comes up negative, you are advised to take a rapid antigen test on the 5th or 6th day after the day when your confirmed cohabitant in at-home treatment took a PCR test (or from the day when your confirmed cohabitant's test sample was collected). If you have tested positive at the rapid antigen test, you are advised to take a PCR test.
 - * You are advised to take a rapid antigen test in the fastest and easiest way (e.g. testing yourself for COVID-19 at home or visiting the medical facility or the screening station of your local public health centre).
 - * If you are aged 60 years or older, you are advised to take a PCR test.
 - For the next 9 days after the day when your confirmed cohabitant in at-home treatment took a PCR test, you are advised to comply with the following: minimizing going outside your place of residence; wearing a KF94 mask (or one of a comparable grade) at all times; minimizing your contact with other people; restricting your visits to places where the risk of infection is high; avoiding social gatherings; and visiting the medical facility if suspicious COVID-19 symptoms appear.
- **(Health Maintenance)** For the next 9 days after the day when your confirmed cohabitant in at-home treatment took a PCR test, check your health condition every morning and evening to confirm you have no suspicious signs of COVID-19 infection. Visit the medical facility if suspicious COVID-19 symptoms appear.

- Suspicious signs of a COVID-19 infection include: a fever (37.5°C or higher), coughing, breathing difficulty, chills, muscle ache, headache, sore throat, loss of the sense of smell or taste, etc.
- Adhere strictly to COVID-19 prevention rules such as wearing a KF mask⁹⁴ (or one of a comparable one) at all times.

□ Besides medical consultations, if you want information on everyday life matters, using treatments, quarantine duration and release, or getting monetary assistance, contact the At-Home Treatment Administration Information Centre that is being run by the local government authorities in your area.

◆ **What you should do in the event of an earthquake or other disasters!**

- Should an earthquake or other disasters occur, follow the Recommendations in the Citizens' Guide to Disaster Preparedness (e.g. hide under a table to protect yourself from falling objects).
- Should an earthquake or other disasters occur while you are in at-home treatment, you may seek shelter outside if your place of residence is unsafe to stay in.
- If you seek shelter outside, you are required to wear a mask and minimize your contact with other people.

□ Health Condition Monitoring

- The local medical facility overseeing your at-home treatment will give you a call. Please install the Treatment Support App according to the instructions.
- Take daily health condition readings (temperature, blood pressure, pulse, oxygen saturation, blood sugar, etc.) every day and input the results on the Treatment Support App.
- You can take your temperature and oxygen saturation by using the provided at-home treatment kit^{1,2}.
 1. (For adults) a thermometer, fever reducer, pulse oximeter, sanitizer, and self-test kit (The self-test kit is for a cohabitant).
 2. (For infants) a thermometer, fever reducer, cold medicine, and self-test kit (The self-test kit is for a cohabitant) – At-home treatment kits are available from the local government office, upon request from parents.
- ※ The composition of the at-home treatment kit may change according to the quantities in stock. The kit will be delivered to you in the order of priority groups for the kit, which will be determined by your local government.

□ Treatment Information

- When symptoms appear:
 1. Take the medicine that is inside your at-home treatment kit;
 2. You may receive medical consultations and prescriptions by calling the local medical facility overseeing your at-home treatment;
 3. When in-person treatment is necessary, visit a treatment centre for outpatients and short-term inpatients*; and
 4. **Return to your place of residence immediately after treatment.**
- * Make an appointment at the medical facility. Go on foot, in a private car (driven by you if possible), or by quarantine taxi. Wear a KF94 mask.
- A doctor may prescribe oral medication (Paxlovid) for you.
 - * Persons who have drugs incompatibility issues, persons with kidney problems, and persons with severe liver problems must either take these drugs in small doses or avoid them altogether.
- If an emergency situation arises, immediately make an emergency call via the Treatment Support App or contact the At-home Treatment Promotion Team*.
 - * Refer to the number provided by the text message from the public health centre.

※ Example of at-home treatment assignment notice (... -gu Home Treatment Promotion Team)

★★24-hour emergency call★★

(1) ...Hospital 000-000-0000;

(2) ... -gu Home Treatment Promotion Team 000-000-0000; and

(3) In emergencies, call 119 and say you are (name), who is receiving at-home treatment.

※ Symptoms that indicate an emergency situation

- When one feels constant chest pain or stiffness.
- When one talks nonsense and is unable to recognize others.
- When one is awake yet constantly tries to sleep.
- When fingernails or lips turn pale or blue.

- Test your own mental health conditions twice on the 1st and the 6th days of your at-home treatment through the Medical Support System for the COVID-19 Residential Treatment Centre and At-home Treatment. When necessary, you may receive psychiatric consultations by calling the At-home Treatment Team or the Mental Health & Welfare Service Centre (Call 1577-0199 for 24/7 service).
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- Besides medical consultations, if you want information on everyday life matters, using treatments, quarantine duration and release, or getting monetary assistance, contact the At-home Treatment Administration Information Centre that is being run by the local government authorities in your area.

□ Healthcare Management

- While taking time to rest and relax, monitor your own health condition.
- When necessary, you may receive medical consultations and prescriptions by calling your local hospital, medical clinic, or respiratory disease clinic.

□ Medical Consultations and Treatment

- If you need treatment, you may receive medical consultations and prescriptions* by calling your local hospital, medical clinic, or clinic specializing in respiratory system ailments, or medical facility designated to treat respiratory system ailments.

* You may receive medical consultations and prescriptions by phone once a day (or twice a day for confirmed children aged 11 years and younger, who are not targeted for COVID-19 vaccination) for free of charge. **Be careful not to make repeated calls to different medical facilities to receive medical consultations or prescriptions (The medical service fees for non-COVID-19 diseases will be charged to you).**

☞ You may visit internet portals Naver and Daum, use mobile app KakaoMap, or consult the Health Insurance Review and Assessment Service homepage (www.hira.or.kr) to find the medical facility closest to your location.

- If you have received your prescription through medical consultations with your doctor on the phone, the prescribed medication must be picked up by proxy (a cohabiting family member, cohabiting parents or grandparents, an acquaintance, etc.). However, when it is not possible to pick up the prescribed medication by proxy, then you are allowed to do it by yourself. If your doctor sends your prescription to a pharmacy, then you can pick it up at the pharmacy.

☞ Consult the Health Insurance Review and Assessment Service homepage (www.hira.or.kr) to find a list of pharmacies that can prepare and deliver the prescribed medication needed by a person in at-home treatment.

- When in-person treatment is required, you may make a reservation and visit a treatment centre for outpatients and short-term inpatients.*

* Go to the treatment centre on foot, in a private car (driven by yourself if possible), or by quarantine taxi. Make sure to wear a KF94 mask (or one of a comparable grade), **and return to your place of residence immediately after treatment.**

- After you have received in-person treatment, please take your prescription from your doctor and then submit it to a pharmacy. Then, you are allowed to pick up your prescribed medication by yourself.

- For nighttime consultations and prescriptions, the At-home Treatment Healthcare Call Centre is standing by to receive your call 24 hours a day.

☞ For the call centre contact number, please refer to the text message sent to you from the public health centre in your area.

- Should an emergency arise, call 119.

※ Symptoms that indicate an emergency situation

- | | |
|---|--|
| ▪ When one feels constant chest pain or stuffiness. | ▪ When one talks nonsense and is unable to recognize others. |
| ▪ When one is awake yet constantly tries to sleep. | ▪ When fingernails or lips turn pale or blue. |

- If you have psychiatric problems such as anxiety and depression, you may receive psychiatric consultations by calling the Mental Health & Welfare Service Centre (Call 1577-0199 for 24/7 service).

□ Besides medical consultations, if you want information on everyday life matters, using treatments, quarantine duration and release, or getting monetary assistance, contact the At-home Treatment Administration Information Centre that is being run by the local government authorities in your area.

★ The period during which the recommendations should be observed

- ✓ You are advised to observe the recommendations for the next 9 days after the day when your confirmed cohabitant in at-home treatment took a PCR test, whether you have been fully vaccinated or not.
- ✓ You are advised to take a PCR test within the next 2 days after the day of your confirmed cohabitant's PCR testing.
- ✓ You are advised to take a rapid antigen test on the 5th or 6th day after the day of your confirmed cohabitant's PCR testing, should your PCR test result comes up negative.
- ※ If you are aged 60 years or older, you are advised to take a PCR test within the next 2 days after the day of your confirmed cohabitant's PCR testing; and even if your PCR test result comes up negative, you are advised to take a PCR test on the 5th or 6th day after the day of your confirmed cohabitant's PCR testing.

□ Recommendations to Be Observed for 10 Days

- You are advised to take a PCR test within the next 2 days after the day when your confirmed cohabitant in at-home treatment took a PCR test (or after the day when your confirmed cohabitant's test sample was collected). After taking a PCR test, you are advised to stay at home until your PCR test result comes up negative.
 - ★ If you show one of the public health workers at your local public health centre the text message that your cohabitant has tested positive for COVID-19 and is a confirmed case, you are allowed to take a PCR test.
 - ※ If suspicious COVID-19 symptoms appear, take a rapid antigen test at the medical facility. The medical service fee will be charged to you.
- Even if you have tested negative at the PCR test, you are advised not to go outside your place of residence. If it is inevitable for you to go outside your place of residence, for example, to work or other places, you are advised to wear a KF94 mask (or one of a comparable grade) at all times; minimize your contact with other people; restrict your visits to places where the risk of infection is high; and avoid social gatherings.
- You are advised to take a rapid antigen test in the fastest and easiest way (e.g. visiting a medical facility when suspicious symptoms appear or testing yourself for COVID-19 at home) on the 5th or 6th day after the day when your confirmed cohabitant in at-home treatment took a PCR test (or after the day when your confirmed cohabitant's test sample was collected).
 - ★ If your test result comes up positive at a rapid antigen test performed by a medical professional, you are advised to follow the instructions of the medical professional (doctor).

□ Prevention of Spread among Family Members

- Cohabitants are to remain strictly isolated from persons who are confirmed cases.
 - Wear a KF mask (or one of a comparable one) and gloves when coming into contact with a confirmed case in at-home treatment.
 - Be sure to avoid eating or other doing activities in the same space where a confirmed case is staying.
 - Frequently ventilate the rooms* and sanitize surfaces (using sanitation tissues, etc.)
 - ★ Ventilate the rooms for at least ten minutes, at least three times per day. If there is a ventilation system, keep it on constantly.

□ Healthcare Management

- For the next 9 days after the day when your confirmed cohabitant in at-home treatment took a PCR test (or after the day when your confirmed cohabitant's test sample was collected), be sure to check your health condition every morning and night. If you detect a fever, coughing or some other COVID symptoms, visit the medical facility closest to your location.
 - Suspicious signs of a COVID-19 infection include: a fever (37.5°C or higher), coughing, breathing

difficulty, chills, muscle ache, headache, sore throat, loss of the sense of smell or taste, etc.

- If you need treatment for fever or other symptoms, you are advised to receive medical consultations and prescriptions by visiting your local hospital or medical clinic that you have been using.
 - * However, you are required to pay for medical consultations and any prescribed medicine.
- If one or more of your cohabitants have been confirmed to have the disease, they are required to quarantine themselves for the next 6 days after the day when they received a PCR test. Such additional quarantine does not apply to your first confirmed cohabitant in at-home treatment and other cohabitants.

□ **Quarantine of a Parent or Grandparent Cohabiting with a Confirmed Case**

- In the case that a confirmed patient in at-home treatment is a severely disabled person, an infant or a child aged 11 years and younger, or an elementary school student who needs special care, either one of the parents or grandparents can be allowed to be quarantined in the same place of residence as such confirmed patients in at-home treatment by the local public health centre.
 - * The application for a parent or grandparent's cohabitation quarantine must be submitted during the quarantine period of the confirmed patient. If the application is submitted after the confirmed patient has been released from quarantine, the rule for cohabitation quarantine does not apply retroactively.

◆ **What you should do in the event of an earthquake or other disasters!**

- Should an earthquake or other disasters occur, follow the Recommendations in the Citizens' Guide to Disaster Preparedness (e.g. hide under a table to protect yourself from falling objects).
- Should an earthquake or other disasters occur while you are in at-home treatment, you may seek shelter outside if your place of residence is unsafe to stay in.
- If you seek shelter outside, you are required to wear a mask and minimize your contact with other people.

- Besides medical consultations, if you want information on everyday life matters, using treatments, quarantine duration and release, or getting monetary assistance, contact the At-home Treatment Administration Information Centre that is being run by the local government authorities in your area.