

Protect Yourself and Prevent the Spread of New Strains of Influenza!

○Prevention Measures Against Contracting the Virus.

1. Wearing Face Masks

When riding on trains or buses, or being anywhere with dense crowds, please wear a mask.. After you have used the mask, please dispose of it in an airtight plastic bag.. Grasp it by the ear elastics, careful not to touch the outside surface of the mask when disposing of it. ※While masks do not 100% eliminate the transmission of the virus, this does not mean you should not use the masks.

2. Washing Hands and Gargling

When you return home, or after you have been in contact with people and a variety of things, please wash your hands completely and gargle.

※For details on how most effectively to wash your hand, refer to the diagrams and information on the next page.

3. Avoiding Crowds

Keep your exposure to crowds of people to a minimum. Avoid extraneous trips, events, and gatherings as much as possible.

○What are the Symptoms of the Latest Strains of Influenza?

38°C (or higher) fever, coughing and sneezing, lethargy, muscle pain, joint pain, diarrhea, stomach ache, ect are among the symptoms. Within reported cases there have been some that did not include the 38°C or higher fever. For people with chronic conditions (such as asthma or diabetes) pregnant women, children, and the elderly this strain of influenza can easily increase in severity and become a serious health risk.

○Medical resources

If symptoms appear, **please contact your general practitioner to arrange to be examined.** Contact them so that transportation and examination can be arranged to decrease possible transmission to others. In the case that you don't already have a general practitioner, or if you need to be examined in the evening or a weekend/holiday by a medical institution within your city, please enquire with the places listed below. The numbers listed usually don't have English-speaking staff, so ask a bi-lingual friend or co-worker to help you.

H1N1 Consultation Windows Matudo Health and Welfare Center (Matudo Public Health Center)

043-223-4411

047-361-2139

Including weekends and holidays 6:00~22:00

Weekdays 9:00~17:00

○Preventing the Transmission of the Virus.

If coughing and sneezing is present, protect others from contamination by wearing a mask. If you do not have a mask, please cover your mouth and nose with a tissue or something.. Avert your face and stay at least 1 meter away from other people. **For the 7 days following the first day of symptoms, and 2 days after the fever has gone down, you should not go to work or be attending school.**

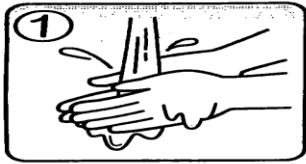
Follow the news for information concerning your city and prefectures to avoid relying on gossip.

Check English language versions of Japanese newspapers on-line and bi-lingual news when possible.

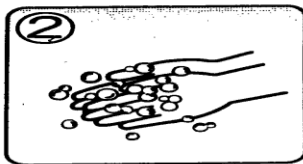
Washing your hands with soap.

The influenza virus, in its surface form, can be destroyed by washing with soap.. Hand washing is a highly effective method for infection prevention.

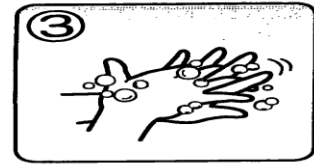
At least thirty seconds of hand washing is required.



Rinse with water



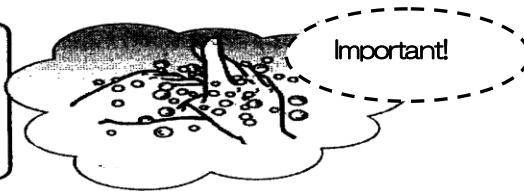
Build up a lather with soap



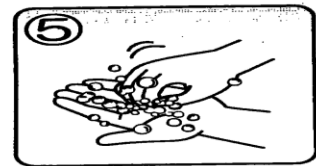
Scrub the palms and backs of the hands



Wash inbetween fingers



Wash both thumbs



Wash your Fingertips



Wash both wrists



Totally rinse with water



Dry with a clean towel

How to recuperate at home

In the case that influenza is contracted, at-home recuperation is essential. Please be careful not to contaminate other family members during this time.

Nursing a patient at home:

Every day, take the temperature and monitor for increases in symptoms (such as trouble breathing) if the symptoms worsen, contact your doctor.

- frequent hydration (sports drinks, water, un-caffinated teas, soups.) if a high fever or diarrhea is present. Please try to feed them easy-to-digest nutritious foods.
- Take all the prescription drugs given to you for the full time they were prescribed. If your condition gets worse while taking medication, consult a doctor before stopping.



Protecting your health while nursing someone:

- Gargle and wash your hands often.
- Frequently open your windows to increase ventilation, at least once an hour.
- Maintain a humidity level of between 50%–60%
- Isolate the items the sick person uses, healthy people should have their own towels, sheets, so on.
- Monitor your own health as well and contact a doctor if symptoms appear.
- Healthy and unhealthy members of a family should all wear masks.