

# Watch out for the H1N1 Influenza

英語

The H1N1 influenza can be transmitted through coughs or sneezes. It is important to take steps to prevent the influenza from spreading. Please take precautions against the H1N1 influenza by observing the following steps.

## At school and home

- Wash your hands and gargle as many as possible.
- Get enough sleep and have a well-balanced diet.

### During extracurricular activities

- Do not share drinks.
- Do not share towels.

## When you are coughing

### Follow cough etiquette.

- When you are coughing or sneezing, leave the area, turn aside your face and cover your mouth and nose with a tissue.
- Wash your hands after you cough and sneeze.
- Wear a mask.

## Washing hands prevents the spread of the H1N1 Influenza



- 1 Wet your hands with water and use soap bubbles



- 2 Wash the handle



- 3 Wash the palm of your hands



- 4 Wash the back of the hand and between the fingers



- 7 Using running water, rub your hands together and wipe off them off with clean towel



- 6 Don't forget to wash both wrists and use one hand to wash the other



- 5 Wash the dirt out from under your finger nails

Take between 15 seconds and 30 seconds to wash your hands

## If you think you have influenza

If you have a temperature of more than 38 degrees, sore throat, cough and runny nose, please stay home and contact your local health office(see backside) or medical institution.

# To parents and guardians

Symptoms of the H1N1 influenza are similar to the seasonal flu. Medicine used to treat the seasonal flu seem to be effective on the H1N1 influenza. However, as most people don't have immunity against it, the possibility of getting infected by it is higher than average. People with a chronic illness such as diabetes or asthma, infants, and pregnant women are at risk for complications if they are infected with the H1N1 influenza.

**Please make sure that your children wash their hands and gargle when they come home and check their temperature.**

**If someone in your family gets infected with the H1N1 influenza virus, please observe the following steps when administering care.**

## When recovering at home

### If you are the patient

- Observe cough etiquette.
- Wash your hands whenever possible.
- Take medicine as prescribed.
- Remember to keep yourself hydrated and well-rested.
- Please stay inside for at least 2 days after the fever subsides as you may still be contagious.

### If you are taking care of the patient

- Wash your hands whenever possible after taking care of the patient.
- Separate your room from the patient's if possible.
- Wear a mask when you come in contact with the patient.
- If a person with a chronic illness or pregnant also lives with the patient, it's best to keep them separated. It is also a good idea to consult with your family doctor.

We thank you for your cooperation and understanding in helping to prevent the spread of the H1N1 influenza.

#### Influenza Consultation Hotlines

The hotlines are open weekdays from 8:30AM to 5:15PM.

(Health Center)	TEL.NO	FAX.NO
Kuwana	0594-24-3625	0594-24-3692
Suzuka	059-382-8671	059-382-7958
Tsu	059-223-5185	059-223-5119
Matsusaka	0598-50-0531	0598-50-0621
Ise	0596-27-5148	0596-27-5253
Iga	0595-24-8045	0595-24-8085
Owase	0597-23-3454	0597-23-3449
Kumano	0597-89-6115	0597-85-3914
Prefectural Health Crisis Management Office	059-224-2339	059-224-2344
Yokkaichi	059-352-0594	059-351-3304