

To All Parents and Guardians

The 2009 H1N1 "swine flu" strain that broke out in Japan in spring of last year has become a national epidemic. According to the National Institute of Infectious Diseases, the majority of flu patients infected since July of last year are less than twenty years of age. Most symptoms are mild, and anti-flu drugs like Relenza are said to be highly effective against the disease. However, the disease is said to sometimes have a more serious effect on infants and people with underlying medical conditions.

Flu season comes around every year in January and February, so this winter we must take precautions against the spread of both seasonal flues and swine flu.

If you're not feeling well...

Please be prompt in treating your child for any symptoms of illness that occur.

- Faster respiration or difficulty breathing
- Unhealthy facial complexion (e.g. pale)
- Persistent fever, nausea, or diarrhea
- Inability to relax; lack of playfulness; slow reflexes
- Prolonged duration and worsening of symptoms



To All Those Diagnosed with the Flu

Preventing the spread of illness to family members may be difficult, but in order to prevent additional infections, try to do the following:

What those who are sick can do:

- Wear a mask while indoors and follow proper coughing etiquette.
- Be diligent in washing your hands.
- Take all your medicine in accordance with your instructions.
- Be sure to drink plenty of fluids and get enough sleep.

What healthy housemates can do:

- Wash your hands diligently after looking after anyone sick.
- Spend as much time as possible in rooms away from sick housemates.
- Wear a mask when coming into contact with sick housemates.

The most important thing everyone can do is to be thorough in their precautions against the flu, so we ask for your understanding and cooperation in this regard.

Keeping Everyone Safe from the Flu

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Mie Board of Education, Health and Welfare Dept.

Don't Catch the Flu

Wash your hands thoroughly.

Flu viruses are transmitted through hand contact.



- Wash your hands thoroughly for 20 seconds using soap and running water.
- Dry your hands thoroughly with a clean towel or handkerchief.

Gargling



- Get enough sleep and eat a balanced diet.
- Keep classrooms and bedrooms well ventilated.
- Don't share drink bottles or water bottles.
- Don't share towels.

Don't Spread the Flu

If you have a fever or otherwise feel sick...

- Stay home from school and rest.
- Get to a hospital or clinic or see your family doctor early for consultations and a check-up.
- Stay indoors.
- Try not to infect your family or those around you.



If you develop a cough, follow proper etiquette. (Wear a mask.)

- When not wearing a mask, cover your mouth and nose when coughing or sneezing. Throw away the tissue immediately afterwards and wash your hands.

The flu is transmitted from person to person.

- (1) Infected people cough and sneeze.
- (2) The infection spreads through direct or indirect contact.



**Droplet
Transmission**
**Contact
Transmission**



Washing your hands is most important.

- To prevent transmission through contact, wash your hands diligently.
- Wash your hands thoroughly for 20 seconds using soap and running water.
- After washing, wipe your hands thoroughly on a clean towel or handkerchief until dry.
- Do not share towels or handkerchiefs with other people.

First check.



Remove your watch and rings. Keep your fingernails short.



(1) Lather the soap.



(2) Wash the tap.



(3) Wash your palms.



(4) Wash between the back of your hand and your fingers.



(5) Wash underneath your fingernails.



(6) Wash your fingers one at a time.



(7) Wash your wrists.



(8) Wash under a steady stream of water.

Remember to gargle when returning home.



How are your anti-flu defenses?

Let's all check together.



If everyone checks off the list at school and at home, we'll keep from catching the flu.

- | | | |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Have you washed your hands diligently? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Did you wash your hands for 20 seconds with soap and running water? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Have you washed between your fingers and underneath your fingernails? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Did you thoroughly wipe your hands on a clean towel or handkerchief until dry? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Have you been gargling after returning home or to school? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Are you getting enough sleep? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Are you eating a well-balanced diet? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Are you keeping classrooms or bedrooms properly ventilated? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Are you making sure you don't share drink bottles? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you cover your mouth and nose with a tissue when you cough or sneeze? |