

知っておこう！！新型インフルエンザ（詳細版） Know it! Pandemic Flu (*Shin-Gata-Influenza*) (Detailed Edition)

The pandemic flu so far appears to be similar to seasonal flu. If you are diagnosed with “Influenza A”, based on the current data, it is almost certain that you have “pandemic flu”. It has been spreading more rapidly because people have no immunity to the new virus.

<Measures to Prevent Infection>

- Wash your hands and gargle frequently (especially after going out and before eating).
Avoid touching your mouth with your hands.
- Observe coughing etiquette and avoid crowds.

Ventilate your room regularly to reduce virus density.

Maintain moderate humidity (50~60 %) in your room by using a humidifier or hanging wet towels.

Increase your physical energy and power of resistance by eating well-balanced meals and having sufficient rest.



What is coughing etiquette?

- Wear a mask to avoid infecting others while showing symptoms of coughing or sneezing. When coughing or sneezing without a mask, cover your mouth and nose with a tissue, turn your face away from others, and move at least 1 meter away.
- Throw the tissue containing nasal discharge, sputum, etc. in the trash immediately.
- Encourage anyone with a cough to wear a mask.
Respiratory droplets, such as a cough, travel 1~2 meters. (See the column “Informative Pointers on Flu Prevention” on the following page.)

<Symptoms>

The symptoms of the pandemic flu are the same as those of seasonal flu, such as fever (over 38 degrees Celsius), coughing, sore throat, lethargy, muscle ache, and joint pain.

Early diagnosis and treatment is important for people with underlying disease, pregnant women, and parents of small children. Consult your regular doctor in advance about when and how flu-like symptoms started.

If you are diagnosed with “Influenza”, inform your school, workplace, private tutoring school, etc..

People with underlying disease refer to those with chronic disease (cardiac, respiratory, hepatic or renal disease), those with diabetes, and those regularly taking steroids. If you are concerned, confirm with your regular doctor whether you fall under one of these. Pregnant women, elderly people, and small children should pay attention to their health, too.

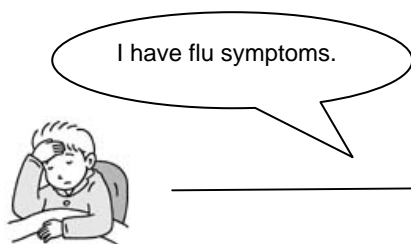
**Consult and visit your regular medical institution as soon as possible
when flu-like symptoms appear as well as
when symptoms change during home treatment!**

<How to seek consultation at a medical institution>

Call your regular medical institution in advance.

Wear a mask when visiting.

You will be examined by your regular doctor,
and then directed to go to a general hospital if necessary.



[Directions from your regular
medical institution] Visit us at
~o'clock, wearing a mask.



Your regular medical institution

<Precautions for Home Treatment>

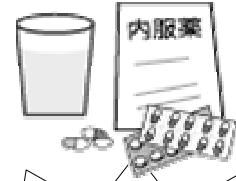
Flu patients should:

- Wash hands often and observe coughing etiquette.
- Take all the medication as prescribed.
- Drink adequate fluids and ensure sufficient sleep.

People in the same household should:

- Wash hands as often as possible, especially after taking care of the flu patient.
- Stay in a separate room from the patient, if possible.
- Wear a mask when taking care of the patient.

The flu patients living with people at higher risk for severe symptoms, including those with chronic disease or pregnant women, should take special precautions to avoid infecting these high-risk people, such as resting in a separate room as much as possible.



If there are any symptoms you are concerned about, such as trouble breathing or fever lasting more than 3 days, consult your regular doctor or the medical institution you visited as soon as possible.

The length of home treatment

Refrain from going out unnecessarily as much as possible **for 7 days after the symptoms have started or until 2 days after the fever has subsided.**

There is a possibility that influenza virus remains infectious even after fever has subsided.

For cleaning rooms and disinfecting linens contaminated with saliva, etc., prepare solution with 1 capful of chlorine bleach in 1.5-liter bottled water. Use the solution for wiping and



<Informative Pointers on Flu Prevention>

Are masks really effective?

Masks are not always effective for preventing infection because pores in a regular mask are smaller in size than viruses in saliva but larger than the ones in the air.

Accordingly, masks are most efficient when worn by people with symptoms. Also, make it a daily habit to observe coughing etiquette.

Are disinfectants necessary?

Washing hands with soap and water more than 15 seconds is as effective as disinfecting hands. Wash hands thoroughly, without depending on any hand disinfectant, when soap and water are available.

To prevent infection and spread of the flu, please respond in an orderly manner based on accurate knowledge and information.

Influenza Consultation Counter

Yokkaichi Public Health Office (Hoken-jo)

TEL: 059-352-0594 (8:30-17:15 Weekdays only)

Health Crisis Management Office, Mie Prefecture

TEL:059-224-2339 (8:30-17:15 Weekdays only)