

LIVING GUIDE MORIOKA

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Stay healthy for surviving the winter of Morioka !

In Morioka we have one of the coldest climates in the cold Tohoku Region. We need to stay healthy, above all, to survive the long and cold winter of Morioka.

At this time of the year, in particular, we have the epidemic of the flu. Let's see how we can keep the flu away and what we should do when we catch it.

What's flu?

You catch influenza, or commonly known as flu, when you get infected with the influenza virus. You'll have soar throat, runny nose and coughs like when you have a cold.



What makes flu different from the common cold is that you will have a high fever, which may be 38 degrees Celsius or more, and abruptly develop a headache, muscle pains and other symptoms in the entire body. In Japan the flu goes around from November to April.

How we can keep flu away?

* Wash your hands and gargle.

Wash your hands and gargle when you are back from outdoors. By gargling you can wash away the virus you have breathed in. By washing your hands you can prevent the virus on your hands from going into your body through the mouth. You can also avoid inhaling the virus by wearing a flu mask when you go out.

* Try not to dry the indoor air.

The defensive function of your throat is weakened when the indoor air get dryer. Use a humidifier in the room to keep the humidity at 50-60 percent, as the air in the room often gets too dry.

* Keep regular ours daily.

Go to bed early and have well-balanced meals, by which you can develop your physical strength against the flu virus. Keep yourself healthy and strong by light exercises such as walking and jogging. You may be also able to avoid getting overweight during winter!

* Vaccine helps.

If you get a flu vaccination, you can avoid developing terrible symptoms even if you catch the flu. You need to pay the full cost of the vaccination, however, since the health insurance does not cover vaccination. It's better to have vaccination as early as possible because its effects will not be seen until about two weeks after the shot.



What you should do when you catch the flu?

* Go to your doctor as soon as possible.

It is said to take about a week normally to recover from the flu. However, the earlier you go to your doctor, the lighter your symptoms will be.

* Put on the flu mask when you need to go out.

Put on a flu mask to prevent the virus from infecting others. Cover your mouth with some tissue paper when you sneeze or cough.

*** Stay quiet and have a good sleep.**

When you have a persistent fever, you will be dehydrated because you sweat a lot. Rehydrate yourself with such drinks as boiled water, tea or hot milk. Keep your physical strength and take good nutrition to speed up the recovery. Warm foods are better

when you don't have appetite. Avoid fatty or spicy foods, which will strain your weakened stomach.



Japanese phrases at clinics / hospitals

*** General**

	Japanese	English	Chinese
受付	Uketsuke	Reception	门诊窗口
初診	Shoshin	First-Time Visit	初次就诊
外来	Gairai	Outpatient	外来患者
保険証	Hokensho	Health Insurance Card	保险证
診察券	Shinsatsu-ken	Patient's Card	门诊卡
待合室	Machiai-shitsu	Waiting Room	等候室
処方箋	Shohosen	Prescription	处方
薬局	Yakkyoku	Pharmacy	药店
医者	Isha	Doctor	医生
看護師	Kangoshi	Nurse	护士

*** Japanese words for symptoms**

	Japanese	English	Chinese
胸がムカムカする	Mune ga muka-muka suru.	I feel sick.	恶心
胸が苦しい	Mune ga kurushii.	I have chest pains.	胸闷
頭痛がする	Zutsu ga suru.	I have a headache.	头痛
身体がだるい	Karada ga darui.	I feel tired.	浑身没劲
熱がある	Netsu ga aru.	I have a fever.	发烧
きもちが悪い	Kimochi ga warui.	I don't feel well.	不舒服
腰がいたい	Koshi ga itai.	My back hurts.	腰痛
食欲が無い	Shokuyoku ga nai.	I have no appetite.	没有食欲
貧血気味です	Hinketsu-gimi desu.	I feel anemic.	有点贫血
お腹がいたい	Onaka ga itai.	My stomach hurts.	腹痛
吐き気がする	Hakike ga suru.	I feel nauseated.	想吐
下痢をしている	Geri wo shiteiru.	I have diarrhea.	拉肚子

*** For more information, see the websites below.**

<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/07qa.html#2>

(Ministry of Health, Labour and Welfare)

http://www.city.shinjuku.tokyo.jp/foreign/japanese/guide/byouki/byouki_3.html

(Shinjuku Ward, Tokyo)