

LIVING GUIDE MORIOKA

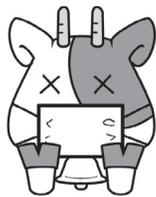
MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

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Watch Out for H1N1 Flu!



Symptoms

Fever, joint ache, feeling sluggish, coughing, runny nose, sore throat, headache and diarrhea are major flu symptoms.

They appear one to four (up to seven) days after you get infected with flu virus. The virus is infectious for about a week from the day before you develop symptoms.

Not to get infected

1 Wash your hands frequently.

Wash your hands with soap after you get home, before you eat or cook, and after you sneeze or blow your nose. When water is not available, disinfection using rubbing alcohol (surgical spirit) works as well.

2 When you cough or sneeze

Turn your face away from people around you, cover your mouth or face with Kleenex tissue and wash your hands afterwards.

3 Try not to touch our eyes, nose or mouth

To prevent the virus on your hands from entering your body.

4 Avoid going outside unless you need to.

Children, elderly people and others who are vulnerable to flue due to their weaker immune system should avoid crowds.

5 Wear a facial mask to prevent the virus from infecting others.

Wear a mask when going to your doctor or hospital due to flu-like symptoms. Keep the mask on at home, too, if you cough.

6 Check your physical conditions by such means as taking your temperature.

Go to your doctor if you:

* Child

- breathe fast, feel choked
- look pale
- vomit or suffer from continued diarrhea
- look uneasy, don't play as usual, are slow to react
- have worsening symptoms

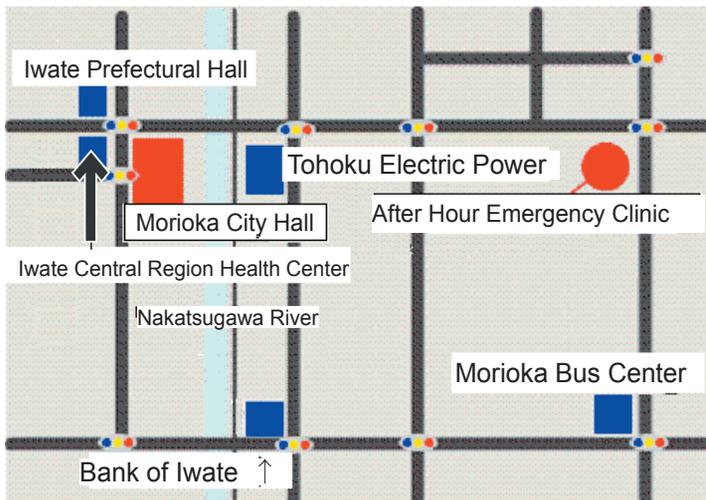
* Adult

- find it hard to breathe, lose your breath
- suffer from continued chest pain
- vomit or suffer from continued diarrhea
- have fever for three days or more
- have worsening symptoms

- Your symptoms could get serious if you are pregnant, elderly or infant, who have a weaker immune system, or you have such diseases as diabetes, heart diseases, respiratory disease such as asthma or kidney failure. Go and consult with your doctor as early as possible when you find yourself having any of the symptoms above.

Call your family doctor before going to a hospital

- * Call your family doctor first, if you have one.
- * If you don't have a family doctor, call the hospital you are going to beforehand and tell that you want to go because you have flu-like symptoms such as fever.
- * Do as you are told by the doctor. Put on a mask when going to the hospital. If you do not know which hospital you should go, contact one of the consultation services below.



H1N1 Flue Consultation Services

- * Preservation of Health Division of Morioka City Health Center (*Moriokashi Hokenjo Hoken Yoboka*)
Phone: 019-603-8308 (8:30 ~ 17:30, Mon.- Fri. Japanese only)
- * Health and Hygiene Division, Iwate Prefectural Government (*Iwate-ken Hoken Eiseika*)
Phone: 019-629-5472 (9:00 ~ 17:00, Mon.-Fri. non-Japanese-language service is available.)

*** If you seek hospital information, visit the website of Iwate Prefecture below.**

<http://www.med-info.pref.iwate.jp> (Japanese)
<http://www2.med-info.pref.iwate.jp/iwa-teimp-public/kikan/showSearchFormEng.do> (English)

Contact the After Hour Emergency Clinic from 19:00 through 23:00. (Pediatrics and internal medicine: open 365 days a year)
Phone: 654-1080 (Japanese only)

Someone in your family got infected?

The patient should:

- * take a lot of water and have a good sleep when having fever, and avoid going outside until eight days after symptoms appear or two days after the fever comes down.
- * stay in a separate room from other family members if possible and stay away from them, or wear a mask and keep two meters from others when a separate room is not available.
- * take the medicine your doctor or hospital prescribed for you for the period told by the

doctor, even after your fever comes down.

- * go to or call your doctor immediately when having such symptoms as breathing difficulty, continued high fever or grogginess.

If your child has got infected, do not leave him or her alone. Keep an eye on the child.

Both the patient and other family members should wash their hands frequently and avoid sharing a towel.

H1N1 Flue Inoculation

If you are among the priority people of the H1N1 flue inoculation, you can get an inoculation to avoid death or serious conditions.

Visit the website of Morioka City below to find out who the priority people are and what documents they need to get inoculation.

- <http://www.city.morioka.iwate.jp/19hokenjo/yobo/kinkyu/091102taisyou.html> (Japanese)

Visit the websites below for more information on H1N1 flu in other languages than Japanese.

- <http://www.pref.iwate.jp/list.rbz?nd=3265&ik=1> (Iwate Prefecture)
- <http://www.clair.or.jp./j/culture/flu/tagengo/index.html> (CLAIR: Council of Local Authorities for International Relations)