

Watch out for novel influenza !!

~To avoid its expansion~

Human cases of the novel (H1N1) flu have been identified in Japan. Now individual prevention is highly required. Should you be infected, however, refrain from going out and stay home not to infect others, and those are recommended to contact our Pyrexia Call Center before going to hospital.

What is the novel flu symptom?

Fever, joint ache, fatigue, cough, runny nose, throat ache, nausea, vomiting, diarrhea and anorexia, etc.

What is its infection route?

Mainly acquired by breathing the virus-loaded spray droplets spattered about 1 meter far when coughed or sneezed, and by touching those airborne droplets and reaching the hands to mouth or nose.



How to avoid?

1 Wash hands tidily

When getting home, before cooking or meals and after coughing or blowing nose, wash hands with soap under running water. OR you can wash hands with alcohol disinfectant.

2 Don't touch eyes, nose or mouth

You can lower the risk of infection.

3 Cover mouth and nose when coughing and/or sneezing

Keep in mind to turn face away from others when you cough or sneeze, and when you do so, cover up mouth and nose with tissue paper. When keeping coughing, cover mouth with gauze face mask.

4 Refrain from going out unless necessary

Avoid bringing elderly and children who are said immunocompromised, to crowds unless there are certain reasons. Unnecessary outings in epidemic period are highly discouraged.

5 Stay home when feel sick

When any symptoms are found such as fever and coughing, you are expected to stay home and take sufficient rest. Keep away from work, school or any other activities and take rest at least 5 days from the start of symptom.





To find out the infection in its early stage

Practice daily health check in a family members by doing temperature check and etc..

When suspected of flu infection

Be sure to contact below Call Center before going hospital, and receive advice.

For inquiry for novel flu, please contact ;

- Japanese Only -

Pyrexia Call Center ☎ 0 1 9 - 6 0 3 - 8 3 0 8

TIME : 0 9 : 0 0 ~ 1 7 : 3 0

Except above time, please call 0 1 9 - 6 2 9 - 5 4 6 6 or 6 2 9 - 5 4 7 2

Be sure to wear gauze face mask when coming to hospital.

For infection prevention, you are advised not to take public transportation when coming to hospital.

Advice of hospital with pyrexia-counter

Call Center would advise you an appropriate hospital when you inquire for pyrexia or respiratory symptom.

Foods, daily necessities and medical goods stock up

To be prepared for any of family members infected with novel flu, stock up with foods, daily necessities and description-free medical goods for 2 month' worth.

[e.g.]

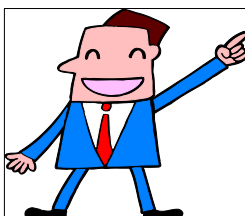
Food: rice·dried rice cakes·dried noodle·instant food·cans of meat, fish and fruits·frozen food·baby foods·dried milk and other nonperishables

Daily necessities: toilet rolls·tissue paper·soap·shampoo·sanitary goods and diapers

Medical goods: gauze face mask·thermometer·rubber gloves·ice pillow·cooling fomentation·disinfectant(alcohol disinfectant or chlorine bleach)and any other household medicines (consultation to pharmacist is necessary upon purchasing antipyretic), etc.

Check out Morioka City website (<http://www.city.morioka.iwate.jp/>), TV news and newspapers for updated information, and act in a level-headed manner !

May 18, 2009



[Contact]

Morioka City Health Emergency Service

TEL : 6 0 3 - 8 3 0 1 - Japanese Only -

