

Outbreak in Yamanashi
Prefecture !!!

A recommendation from the Yamanashi
Prefectural Headquarters for Countermeasures
against the New Influenza

Prevent the Spread of the New Flu

The normal infection routes of the flu are as follows:

1. *Droplet infection*, where the virus can spread via the coughing and sneezing of an infected individual, after which it is inhaled by another person. In order to prevent droplet infection, it is effective for those with sneezing or coughing symptoms to wear masks.
2. *Infection through contact*, where the virus adheres to doorknobs, light switches, desks, and other objects that frequently come into contact with a person's hands. The virus then passes from the hands to the nose or mouth, entering the body and infecting the individual. In order to prevent infection through contact, it is effective to wash one's hands frequently and thoroughly.

In addition to wearing masks and washing one's hands thoroughly, please read the following to learn what measures you can take in order to prevent the spread of the New Influenza, thereby protecting yourself and family.

1 Thoroughly and Frequently Wash Your Hands

When you arrive at school or the workplace, the first thing you should do is wash your hands. You should also wash your hands when you come home and before you eat. The reason for this is that without you knowing it, there is a possibility of the virus adhering to your hands. Even the most casual of gestures like rubbing your eyes or bringing your fingers close to your mouth will give the virus an opportunity to enter the body if proper precautions are not taken. When washing hands, use soap and make sure to wash between the fingers, around the thumb, beneath fingernails, and up the wrist.

2 If You Have a Cough, Wear a Non-Woven Face Mask

If you have a cough, properly wear a mask.

It is advisable to wear a mask when you are in a crowd of people – especially when a high concentration of people is grouped within a confined space like a train or bus. Before putting on the mask, be sure to read the instructions in order to understand proper usage.

Coughing Etiquette

If you are experiencing coughing and/or sneezing, it is advisable to wear a mask because it is effective at blocking the spray from one's coughing and sneezing. In the case that you do not have a mask, cover your nose and mouth with a tissue, turn your face away from those around you and make sure you are at a minimum of two meters distance from them. If you cover your cough or sneeze with your hands, immediately wash them.

3 Gargle

First, put water in your mouth and gargle. Then tilt your head back and look upwards. From this position, vigorously gargle from the back of your throat. This should be done for about fifteen seconds.

4 Avoid Unnecessary Trips

Being in a crowd of people– especially when a high concentration of people is grouped within a confined space- increases the opportunity for infection. Except for times when it is absolutely necessary to go out, it is highly recommended that you refrain from doing so. According to the Ministry of Health, Labour and Welfare: “Regardless of how aggressive the new strain of influenza may be, a person will not be infected as long as he or she does not come into contact with an infected person. If each and every person works at

decreasing one's individual chances of coming into contact with an infected person, it lowers the infection risk of the entire society."

It is said that the risk of droplet infection, which is propagated by coughs and sneezes, can be lowered by distancing oneself from others by at least 2 meters. Therefore it is important to maintain personal distance.

- Maintain 2 meters (minimum) of personal distance
- Avoid riding public transportation when traffic is congested
- Avoid large crowds

5 Monitor Your Physical Condition on a Daily Basis (Pregnant women should exercise even greater caution)

While it is difficult to defend oneself completely against the new strain of influenza, it is important to maintain good physical health, have a balanced diet, receive proper nutrition, and get plenty of sleep. Since it has been reported that serious illness may result when pregnant women or those with diabetes or chronic asthma contract the new strain of influenza, we advise that individuals with the aforementioned physical conditions take extra care at monitoring their health.

6 What to do if you think that you have contracted influenza

If you begin to experience coughing, fever, fatigue or other flu-like symptoms, please refrain from going directly to the hospital since there exists the risk of spreading the infection.

If you think that you have contracted influenza, call one of the Fever Consultation Centers which have been established in various health centers around the Prefecture. If you are not sure whether or not you have contracted the influenza, the health center will then refer you to a medical institution with a fever outpatient clinic where you can have a health exam. Furthermore, in the case that the Fever Consultation Center does not have staff that speaks in your preferred language, please find a Japanese-speaker who can assist you.

~Fever Consultation Centers~

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| ① Chuūhoku Health and Welfare Office (Chūhoku Health Care Center) | TEL 055-237-1403 FAX 055-235-7115 |
| ② Chūhoku Health and Welfare Office (Chūhoku Health Care Center Kyōhoku Branch Office) | TEL 0551-23-3074 FAX 0551-23-3075 |
| ③Kyōtō Health and Welfare Office (Kyōtō Health Care Center) | TEL 0553-20-2752 FAX 0553-20-2754 |
| ④Kyōnan Health and Welfare Office (Kyōnan Health Care Center) | TEL 0556-22-8158 FAX 0556-22-8159 |
| ⑤Fuji Tōbu Health and Welfare Office (Fuji Tōbu Health Care Center) | TEL 0555-24-9035 FAX 0555-24-9037 |
| ⑥Welfare and Health Department Health Promotion Division | TEL 055-223-1494 FAX 055-223-1499 |

Please stay calm and keep yourself informed by paying attention to information coming from the national, prefectural, and local governments.