

Preventing New Strains of Influenza

(April 30, 2009)

Proper Information & Proper Response Essential to Proper Prevention

How to prevent new strains of influenza

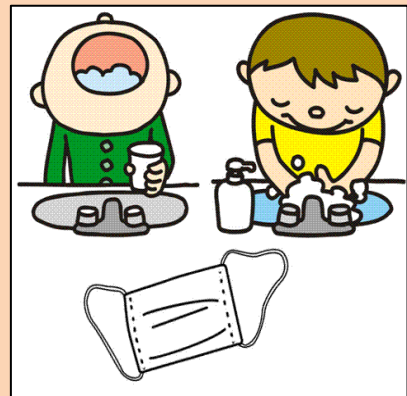
The following methods are helpful in preventing new strains of influenza.

Wash hands thoroughly and gargle.

Avoid crowded areas as much as possible and wear a mask when going outdoors.

Practice good respiratory hygiene when you cough or sneeze.

Eat a well balanced diet, get plenty of rest, and maintain a healthy lifestyle.



Good respiratory hygiene

Cover your mouth and nose with a tissue before you sneeze or cough, away from the direction of others and at a distance of one meter or more if possible.

Throw away used tissues in the trash can as soon as possible.

Wash your hands thoroughly after contact with any respiratory secretions.

Wear a mask if you have a cough.

If you suspect you have a new strain of influenza...

Symptoms are similar to seasonal influenza, including a cough or runny nose accompanying respiratory inflammation. Sudden high fever, a lethargic feeling over the entire body, headache, and muscle soreness, have also been reported as symptoms.

If you suspect you might have a new strain of influenza, **contact your local public health center immediately.**

Public health centers are open daily from 8:30 am to 5:30 pm.
(Japanese language only)

Public Health Center	Telephone Number
Higashi Chiho	017-741-8116
Hirosaki	0172-33-8521
Hachinohe	0178-27-5111
Goshogawara	0173-34-2108
Kamitosan	0176-23-1996
Mutsu	0175-24-1231
Aomori City	017-765-5282

The Aomori Prefecture Health and Sanitization Division
(Tel. 017-734-9284) is also available for consultation from 8:30 am to 5:30 pm.
After 5:30 pm, please call (Tel. 090-7664-0539).

If you cannot speak Japanese or have difficulty speaking Japanese,
please call: 017-734-9215, or e-mail: hoken@pref.aomori.lg.jp
Please notify us of your name, home country, and telephone number.
Someone who speaks English will call you back.

Or, please consult the embassy of your home country in Japan:
<http://web-japan.org/links/foreign/index.html>