

Countermeasures for Influenza A (H1N1)

Although influenza A (H1N1) has spread throughout the country, the contagiousness and symptoms are about the same as the seasonal flu, so Hamamatsu is changing the guidelines for dealing with this virus in accordance with the national guidelines. We ask all citizens for their attention and cooperation with the following matter.

Up until now, those worried about being infected with the influenza A (H1N1) were supposed to see a doctor only after called the Fever Consultation Center. However, beginning June 29th, patients can be examined for influenza A (H1N1) at all medical facilities.

Please be careful of the following things when seeing a doctor

- ① If you have a fever, please see a doctor at a regular medical facility.
- ② Make sure to wear a mask, and tell the receptionist at the medical facility that you have a fever.

Follow the directions of the medical facility (Such as waiting in the car, or keeping distance from other patients in the waiting room).

The Fever Consultation Center is available for information and consultation about influenza A (H1N1).

Consultation Hours (Starting June 29th)

Monday - Friday (excluding national holidays)

8:30am-5:30pm

(help in English and Portuguese available on weekdays until 5:00pm)

Hamamatsu Healthcare Center

Health and Disease Prevention Division

TEL : 053-453-6118

In order to continue to stop the spread of influenza A (H1N1), please follow the following guidelines.

1) **Wear a mask when entering crowded areas.**

When you have a cold, refrain from going outside

(2) **After going out, gargle and wash your hands thoroughly.**

Wash your hands thoroughly with soap for at least 30 seconds. Rinse well when finished.

(3) **Coughing Etiquette**

- ① If you are coughing, you should wear a mask.

②If you are coughing and sneezing, you should cover your mouth and nose with a tissue, turn your head away from others, and keep at least 2 meters between you and other people.

③Any tissue containing mucus or phlegm should be thrown away

Please pay attention any new information regarding influenza A (H1N1) released by the Ministry of Health, Labor and Welfare, Shizuoka prefecture, and Hamamatsu city.

For further information regarding influenza A (H1N1), please reference the following sites.

Ministry of Health, Labor and Welfare Homepage

<http://www.mhlw.go.jp/>

WHO Homepage (ENG)

<http://www.who.int/en/>

American CDC Homepage (ENG)

<http://www.cdc.gov/swineflu/>