

## **Dealing with the new strain of influenza A/H1N1**

### **To all residents**

With the beginning of the new school term in September, there is the fear of widespread infection of the new strain of influenza A/H1N1. As autumn and winter approaches, each person is asked to do his/her best to prevent the spread of infection.

### **●Medical examinations for A/H1N1 influenza can be received at all general hospitals, clinics, etc. in Shizuoka city.**

To prevent the spread of infection, you are asked to note the following when you need to receive a medical examination.

#### **[General public]**

You should contact the hospital or clinic by telephone in advance to be informed of the time and method of medical examination. You should wear a mask when you go for the examination.

(Notification in advance by telephone may not be required at pediatric clinics. Please check with your family pediatrician.)

#### **[People suffering from underlying diseases such as a chronic respiratory disease, chronic heart disease, metabolic disease, kidney function disorder, deficiency of the immune system, etc.]**

Such people should contact their family doctor or a nearby medical facility in advance by telephone, etc. to confirm how they can receive a medical examination and treatment for A/H1N1 influenza.

#### **[Pregnant women]**

Pregnant women should contact their obstetrician, and ask him/her to introduce a medical facility where she can receive a medical examination for the infection. Some obstetricians may provide information on treatment for A/H1N1 influenza.

### **● Preventing the spread of infection**

#### **○ Infection prevention for the individual**

- Wash your hands after you return home from being outdoors.
- Keep rooms reasonably humid and ventilated.
- Lead a regular lifestyle, and get enough rest.
- Eat balanced meals and drink fluids regularly.

#### **○ Preventing the spread of infection through [Proper Etiquette when Coughing]**

- Wear a mask if you have cough or sneezing symptoms
- Cover your mouth and nose with a tissue, etc. when you cough or sneeze
- Turn your head away from other people when you cough or sneeze.