

Influenza A (H1N1)

What can I do to protect myself from catching influenza A (H1N1)?

- Clean your hands and gargle your throat regularly.
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.
- Practice “***Cough Etiquette***”.

What should I do if I think I have the influenza A (H1N1)?

First of all, Contact the Suwa Health & Welfare Office
(Suwa-Hoken-Fukushi-Jimusho).

Tel:0266(57)2930

- * Please do not on any account visit a medical institution directly.
- * Make sure to wear a mask when you go to a medical institution.

The following people should take extra precautions

People who with chronic respiratory illness, chronic cardiac disease, metabolic disease (diabetes etc.), disorder of liver function, autoimmune insufficiency, person who is pregnant, baby, elderly people, etc.

What are the symptoms?

Incubation period is 1-7 days. Typical symptoms to watch for are similar to seasonal viruses and include sudden fever (38 to 40 degrees), cough, headache, sore throat, runny nose, muscle pain and diarrhea, etc.

The main route of transmission

Influenza is primarily transmitted from person to person by large virus-laden droplets that are generated when infected persons cough or sneeze. These large droplets can then settle on the mucosal surfaces of the upper respiratory tracts of susceptible persons who are near infected persons. Transmission may also occur through direct contact or indirect contact with respiratory secretions, such as touching surfaces contaminated with influenza virus and then touching the eyes, nose or mouth.

※Cough etiquette

- Use a mask to help you contain the spread of droplets when you are around others, but be sure to do so correctly.
- If you are not wearing a mask, cover your mouth and nose when coughing or sneezing, with tissues or other suitable materials, to contain respiratory secretions.
- Turn your face away from other people and keep distance from well individuals as much as possible (at least 2-meter).
- If using tissues, make sure you dispose of them carefully.
- If you do not have a tissue close by when you cough or sneeze, cover your mouth and nose as much as possible with the crook of your elbow.

How to use a mask?

- Use Disposable Non Woven Masks as much as possible.
- Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask.
- If using a mask, make sure you dispose of them carefully.
- Clean your hands whenever you touch a used mask.

What should I do if I have influenza A (H1N1)?

- Take your temperature every day.
- Take and complete the therapeutic drugs as prescribed.
- Stay home except to get medical care or for other necessities.
- Take plenty of fluids (such as water, tea, sports drinks etc.).
- Practice “Cough Etiquette”.

What should I do if a family member has influenza A (H1N1)?

- Clean your hands frequently, including after every contact with the sick person.
- Wear a mask when you are in close contact with the sick person.
- Get nutrition and make sure you get enough rest.
- Keep the sick person away from other people as much as possible.
- Improve air flow in your living space by opening windows and maintain humidity levels between 50 to 60 percent.

Stockpile supplies to prepare for the influenza A (H1N1) epidemic

To protect yourself and others from spreading the flu virus, you may be asked to remain in your home for several days. It is better to stockpile food and supplies for at least two weeks.

Examples of hygiene supplies

Thermometer, Disposable masks, Disposable rubber gloves, Gargle, Alcohol-based hand sanitizer, Liquid hand soap, Garbage bags...

Examples of food

Rice, Dry noodles, Crackers, Dry cereal, Canned food, Dried fruits, Retort food, Baby food...

Examples of medical supplies

Fever cooling gel seats, Medicines for fever, Sports drinks, Gel drinks, Prescription medications...

Examples of daily necessities

Tissues, Toilet paper, Detergent, Shampoo, Baby supplies, Disposable diapers, Sanitary goods, Drinkable water (2-liter of water per person per a day), Flashlight, Batteries, Mobile recharger, Radio, Portable gas stove, Candles, Matches, Lighter...

How to Handwash?

Wash your hands with soap for at least 15 seconds.

1



Apply enough soap to cover all hand surfaces. Rub hands palm to palm.

2



Right palm over left dorsum with interlaced fingers and vice versa.

3



Palm to palm with fingers interlaced.

4



Rotational rubbing of left thumb clasped in right palm and vice versa.

5



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

6



Wash wrists.

7



Dry hands thoroughly with a single use towel.

8



Use towel to turn off faucet.

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