

H1N1 Swine (New Strain) Influenza Updated Handling Policy

As of July 14, 2009

1 If you have flu symptoms

If you notice a fever, cough, runny nose, or other influenza-like symptoms, please go directly to a medical care facility. The 16 Fever Consultation Centers in Nagoya Center are no longer open to outpatients.

2 Hospitalization of Infected Persons

As a rule, people infected with the virus will be asked to remain at home whilst recovering. Infected people who have existing medical problems or show signs of serious symptoms will be admitted to hospital to receive treatment.

3 Influenza Consultation Centers

Influenza Consultation Center (previously known as Fever Consultation Centers) will be open 09:00 - 17:00 to accept questions and queries and influenza treatment & prevention.

4 Genetic Testing

Genetic diagnostic test will mainly be used to confirm the presence of the virus in people that could have potentially been infected from a mass outbreak at a school or institution - and not in individual cases. Results from these tests will be used by medical institutions in order to monitor the spread of the virus and any changes in the characteristics of the virus.

5 Schools & Child Care Facilities

If there is a high potential of a mass outbreak, - as deemed necessary - classes, grades, or entire schools may be subject to temporary closure.

6 Public Facilities & Events

As a rule there will be no mandatory cancellation or suspension of events and services to lower the chance of infection. Facilities & events will continue as normal.

7 Your Cooperation

- If you notice a fever, cough, runny nose, or other influenza-like symptoms, please go directly to a medical care facility. Please wear a mask when you go.
- If you become infected with the virus, to prevent the spread of the virus please take time off work or school to recover at home.
- Regularly wash your hands and gargle, and if you have flu-like symptoms please wear a mask.

A sudden fever, cough, and a sore throat?

「You might have Influenza...」

What should you do?

○ Changes to the Treatment Process

Previously

Contact your closest Fever Consultation Center before seeking treatment at a hospital or clinic



Please wear a mask when you visit a hospital

Now

Go directly to your regular clinic / hospital

○ Fever Consultation Centers have been renamed

They are now known as "Influenza Consultation Centers"

They can provide information and advice about treatment and prevention of the influenza virus.

○ Consultation hours have changed

Previously

- At each Nagoya City Ward Health Center: 09:00 - 19:00
- At other times (inc. weekends & hols) call the designated after-hours hospital

Now

All Influenza Consultation Centers are open on weekdays 09:00 - 17:00 .

Measures Everyone Can Take To Prevent Infection

★Etiquette

Help prevent the spread of the virus by following the below guidelines:

- When you cough or sneeze, cover your mouth and nose with a tissue or other item, turn your head and stand at least 1 or 2 meters away from others.
- Wear a mask when you have a cough, are sneezing, or exhibiting other symptoms.
- When you don't have a tissue, cover your mouth with your forearm or shirt sleeve as best you can to prevent the spread of airborne droplets.
- Immediately throw away tissues which contain respiratory system secretions such as nasal mucus and phlegm.
- Wash your hands and forearms immediately after coughing or sneezing into them.
- Actively encourage people with a cough to wear a mask.

★Learning Proper Hygiene

- the same things you do to prevent catching the seasonal influenza each winter are also effective against the new H1N1 strain of influenza.

When returning from outdoors, gargle and wash your hands.

Clean hands and forearms thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated);

Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.

Stay at home ...



If you become infected with the virus, to prevent the spread of the virus please take time off work or school to recover at home.

★Nagoya City Influenza Consultation Centers

Open: 09:00 - 17:00 (weekdays only)

For inquiries about treatment and prevent of the influenza virus:

Chikusa Ward Health Center	052-753-1982	Higashi Ward Health Center	052-934-1218
Kita Ward Health Center	052-917-6552	Nishi Ward Health Center	052-523-4618
Nakamura Ward Health Center	052-481-2295	Naka Ward Health Center	052-251-4568
Showa Ward Health Center	052-735-3964	Mizuho Ward Health Center	052-837-3264
Atsuta Ward Health Center	052-683-9683	Nakagawa Ward Health Center	052-363-4463
Minato Ward Health Center	052-651-6537	Minami Ward Health Center	052-614-2814
Moriyama Ward Health Center	052-796-4623	Midori Ward Health Center	052-891-3623
Meito Ward Health Center	052-778-3114	Tenpaku Ward Health Center	052-807-3912

Services in Other Languages

If you cannot speak Japanese, you can set up a 3-way call with a Nagoya International Center interpreter and your ward's health center (or any other government office) by calling the Nagoya International Center's Torio-hon Service **at 052-581-6112**. The service is available **Tuesday through Friday 09:00 -12:00** in English, and **13:00 - 1700** in English, Spanish, Portuguese, Chinese, and Korean.