

# Information on the New Strain of Influenza

## ~ Preventing Virus Propagation ~

### Symptoms of the new influenza virus

- Similar to seasonal types of influenza, this virus has the same symptoms of sudden fever, coughing, soar throat and runny nose.
- Most patients are able to recover from this new virus with very light symptoms.
- However, pregnant women, infants, the elderly, and people with existing medical problems (preexisting diseases) must take particular measure because they are at a higher risk of experiencing severer symptoms.
  - Patients with chronic coughing (asthma and the like)
  - Patients with chronic heart disease (such as coronary trouble)
  - Patients with a metabolic disease such as diabetes  
(particularly patients requiring blood-sugar control)
  - Patients with kidney dysfunction (particularly people requiring dialysis)
  - Patients with immune dysfunction caused by prophylactic use of steroids and the like

### Preventing infection of the new influenza virus

It is extremely important that each of our citizens practices methods to prevent the spread of the virus. Please implement the methods listed below. The efforts of each person will not only help maintain their own good health, but will also help maintain the good health of our society at large.

- Get plenty of sleep, and eat properly to maintain your physical energy and immunity.
- Do not go to crowded places if it is unnecessary.
- Wash your hands and gargle after coming in from the outdoors.
- Keep your room properly humidified.



### How to receive medical treatment at a medical facility

- ① Initially, telephone your family doctor or the nearest medical facility.
- ② Get instructions from the medical facility regarding what time to see a doctor and how to receive medical attention.
- ③ When you go to the medical facility, wear a mask and practice proper etiquette for coughing so that you do not inadvertently infect others with the influenza virus.

## Preventing spreading the influenza virus to others (proper coughing technique)

People who may be infected should make every effort to prevent the spreading of the influenza virus by practicing proper coughing technique. Please implement the following techniques.

- The affects of coughing and sneezing (airborne droplets) can reach up to two meters. Please keep a good distance from other people.
- If you must cough or sneeze, turn your head away from the direction of others and cover your nose and mouth with a tissue or the like. Properly dispose of used tissues in the garbage.
- Wear a mask during periods of heavy coughing or sneezing. Do not leave your used mask lying on tables or desk. Throw them away properly.
- Wash your hands regularly. Wash your hands for longer than 30 seconds with soap, and thoroughly rinse with water. After washing, thoroughly dry your hands with disposable paper towels, or a clean towel.

## Where to contact for information on the new strain of influenza

- Health offices or branches ; weekdays; 8:30 AM to 5:00 PM
- Health and hygiene promotion offices and health and medical division ; weekdays; 9:00 AM to 5:30 PM

Section	Telephone Number	Section	Telephone Number
North Health Office	075 - 432 - 1438	Ukyo Health Office	075 - 861 - 2177
Jyokyo Health Office	075 - 432 - 3221	Kyokita Branch Health Office Reception	0771 - 52 - 1816
Sakyo Health Office	075 - 781 - 5171	Saikyo Health Office	075 - 392 - 5690
Chukyo Health Office	075 - 812 - 2594	Saikyo Health Office Rakusei Branch	075 - 332 - 9348
Higashi Yama Health Office	075 - 561 - 9128	Fuseimi Health Office	075 - 611 - 1161
Yamashina Health Office	075 - 592 - 3477	Fuseimi Health Office Fukakusa Branch Office	075 - 642 - 3879
Shitakyo Health Office	075 - 371 - 7291	Fuseimi Health Office Daigo Branch Office	075 - 571 - 6748
South Health Office	075 - 681 - 3573	Health and Medical Section	075 - 222 - 3421

## Citizen Information

Information is available on Kyoto City's official website "Kyoto City Web" in the top page.

Website URL: <http://www.city.kyoto.lg.jp/>