

H1N1 Influenza Notification

What are the countermeasures against swine flu?

Countermeasures for swine flu are similar to those for regular flu prevalent every year.

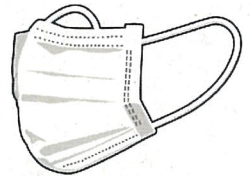
- **When returning from outdoors, wash your hands with soap and gargle.**

Touching your mouth or nose when the virus is present on your hands can result in infection. When returning from outdoors, please be sure to wash your hands thoroughly with soap.



- **Coughing Etiquette (In order to not spread the virus to others)**

- Press a handkerchief or tissue to your mouth and face away from those around you.
- Throw the used tissue into a rubbish bin with a lid.
- When coughing or sneezing, be sure to wear a mask.
(The mask should be disposable and made from non-woven fabric).



What if I catch the H1N1 Influenza virus?

- **Contact a medical institution BEFORE undertaking a medical examination.**

Seeing a doctor immediately upon becoming ill may result in spreading the virus to patients and staff.

Please call the medical institution first and wear a facial mask before going for a consultation.

- **Those with underlying health conditions, expectant mothers and carers of small children should seek immediate medical assistance.**

☆ Underlying health conditions include:

- Chronic respiratory problems i.e. Asthma)
- Chronic heart problems
- Metabolic diseases such as diabetes
- Impairment of kidney functions
- Impaired immune function due to treatment with steroids

- **If the family become infected...**

There is a possibility of the sufferer transmitting the virus to their family so please make every effort to prevent further infection by wearing a mask when going out.

- Have the sufferer recuperate in a separate room from the family and all wear facial masks.
- Clean your hands thoroughly. Straight after being in contact with the sufferer, use either diluted bleach or alcohol-based disinfectant.
- If other family members show any symptoms, seek medical assistance immediately.

- **Please consult with the health centres.**

For advice with issues relating to the new H1N1 influenza such as not knowing which medical institution to be treated, please consult your local health centre (Fever Consultation Centre).

Telephone Consultation

■ Health Centres

(Fever Consultation Centres)

9:00~17:00 (Excluding weekends and holidays)

☆ In an emergency, these numbers can be used outside of designated hours ☆

Matsue Health Centre	0852-23-1355
Unnan Health Centre	0854-42-9635
Izumo Health Centre	0853-21-1185
Central Health Centre	0845-84-9810
Hamada Health Centre	0855-29-5557
Masuda Health Centre	0856-31-9550
Okie Health Centre (Dogoe)	0851-22-9900
Okie Health Centre (Dozen)	0851-47-8121

■ Health Promotion Division, Shimane Prefecture (Fever Consultation Centre)

9:00~17:00 (Excluding weekends and holidays)

Health Promotion Division, Shimane Prefecture	0852-22-6131
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