

Based of the National Guidelines of Japan...

New Influenza A/H1N1 Countermeasures **have changed as of 10 July 2009.**

If you develop a sudden fever or cough, or have a sore throat...

For people with “Influenza-type symptoms” the rules regarding Fever Consultation have changed.

Influenza-related medical examinations will be available at ALL medical facilities.

***Citizens of Shimane Prefecture!**

● **Telephone a medical institution in advance**, then undertake a medical examination.

• We ask for your cooperation in avoiding the further spread of influenza by first telephoning a medical institution.

● If you undertake a medical examination **please wear a mask**.

● For more information about New Influenza A/H1N1 please contact one of the following health centers (Fever Consultation Center).

Fever Consultation Centers (9:00 – 17:00) *Not available during weekends and public holidays.

Health Centers

**In an emergency, these numbers can be used outside of the designated hours.*

Matsue Health Center	0852-23-1355	Unan Health Center	0854-42-9635
Izumo Health Center	0853-21-1185	Ken-ou Health Center	0854-84-9810
Hamada Health Center	0855-29-5557	Masuda Health Center	0856-31-9550
Oki Health Center (Dogo)	08512-2-9900	Oki Health Center (Dozen)	08514-7-8121

Health Promotion Division, Department of Health and Welfare, Shimane Prefecture

0852-22-6131

Shimane Prefecture