

Precautions Regarding Influenza A(H1N1)

【What is Influenza A(H1N1)?】

Influenza A(H1N1) refers to a virus that infects animals but has adapted to infect humans and spread easily from person to person. Outbreaks of this virus are occurring around the world in several countries.

【How to Protect Against Influenza A(H1N1)】

When returning home, wash your hands with soap and gargle mouthwash



When going out, wearing a mask is somewhat effective

During an outbreak, try to avoid crowds

Rest lots and get plenty of sleep

Avoid heavy drinking or eating and strive for balanced nutrition

Try not to let the air in your room get too dry



Coughing Etiquette

- when sneezing or coughing
- when you feel like you might sneeze/cough



Cover your mouth and nose with a tissue

(immediately toss tissues in trash after using)

Wear a mask when in crowds

Wash your hands well afterward

Use a wet-tissue if there is no restroom nearby

【Influenza Hotline】

Those who have been to a country where an outbreak of influenza A(H1N1) has been identified who have symptoms such as a sudden fever, please call the Kitakyushu Influenza Hotline before going to a regular medical facility.



Toll-free # **0120-120-115** (24hr)

Find medical services related to influenza through the hotline.

【Things one can do to prepare in case of an outbreak in Kitakyushu】

Prepare the necessary items so that one need not go outside for up to 2 weeks.

Food (Things that keep a long time) (enough for your family to survive for 2 weeks)

- rice, instant rice, uncooked mochi
 - dry noodles (soba, somen, ramen, udon, pasta)
 - instant noodles (cup ramen)
 - cereal
 - canned goods (vegetables, seafood, meats, fruits)
 - packed and sterilized food (rice porridge, curry, stew, spaghetti sauce etc.)
 - frozen goods (store-bought & seafood, meat, vegetables frozen at home)
 - dried goods (daikon, shiitake, freeze-dried tofu, seaweed, wakame, konbu)
 - soup
 - dried bread/snacks (candy, biscuits, crackers etc.)
 - drinking water (3ltr per day)
 - PET bottled/canned drinks, Jellified products, powdered drinks
 - condiments (sugar, salt, miso, soy)

For more info: "Guide to Stockpiling Household Goods in case of Swine Influenza Outbreak" published by the Ministry of Agriculture, Forestry and Fisheries

Daily necessities / medical goods

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| • medical mask
(1-2 masks per day, disposable) | • tissues, wet tissues |
| • rubber gloves (disposable) | • paper towels |
| • thermometer | • cleanser (laundry, dish, body) |
| • water pillow/ice pack | • shampoo/conditioner |
| • chlorine bleach (anti-bacterial) | • paper diapers |
| • rubbing alcohol
(60% ~ 80% alcohol should be sufficient) | • feminine products |
| • Quick-drying disinfectant (hand-safe) | • trash bags (City-designated types) |
| • household medicine (stomach, pain meds etc.) | • plastic bags
(to seal possibly infected trash) |
| • plaster, gauze | • portable gas stove
(2 gas cans to allow for 3 meals per day) |
| • toilet paper | • flashlight, batteries |