

# Information on the Domestic Outbreak of Influenza A(H1N1)

## **This is an influenza A(H1N1) update.**

Influenza A(H1N1) has symptoms which are similar to those of normal seasonal influenza. It is possible to recover from an infection with early medical attention. We will continue to post new information as it becomes available. There is no cause for alarm at this time.

Symptoms of influenza A(H1N1) include: a fever above 38°C, cough, sore throat, runny nose, and chills. If you experience any of these symptoms do not go directly to the hospital. Instead, please call the Fever Consultation Center. The center will provide advice and direct you to the proper medical facilities. Please follow the center's instructions.

### **Fever Consultation Center**

**Telephone: 078-362-3226**

### **Prevention Methods**

1. Wear a mask when going outside.
2. After returning home, wash your hands and gargle. Hand washing is particularly effective.
3. Avoid areas where large numbers of people gather. This includes concerts and assemblies.
4. Avoid traveling to areas where influenza A(H1N1) has been reported.
5. Eat healthy foods and get plenty of sleep and rest.



Wear a mask outdoors!



Wash your hands and gargle after returning home!

