

New Type Influenza

Know the right info, keep on top of the situation

What is new type influenza?

- * New type influenza refers to an influenza virus that originated between animals like pigs or birds, but has since mutated so it is now capable of easily infecting humans.
- * The main symptoms are similar to common influenza, such as a sudden high fever, headaches, joint and muscle pains, loss of appetite and cough etc. Also, vomiting and diarrhea etc. are also possible symptoms.
- * The new influenza started in Mexico, and is now (May 2009) spreading to other countries around the world.
- * For the new influenza, in its current state, taking influenza medicine (Tamiflu, Relenza) is said to have positive effects.
- * It is not possible to become infected from eating processed pork or chicken. It is safe to eat pork that has been properly handled and prepared. If pork is properly cooked until the center reaches over 71 degrees Celsius, then the swine influenza virus will be killed along with other bacteria and viruses.

Prevention Methods

- 1) Wear a surgical mask.
- 2) After going outside, thoroughly wash your hands and gargle.
- 3) Avoid crowds.
- 4) Refrain from traveling to infected areas.
- 5) Keep your health and immunity at good levels and take plenty of rest. It is important to eat a balanced diet.



Coughing Etiquette

- Wear a mask when you are coughing or sneezing to avoid spreading the virus to other people.
- Cover your mouth and nose with tissue paper or another material when you cough or sneeze, and turn your face away and keep a distance of at least one meter away from others.
- Immediately dispose tissue paper containing nasal mucus and phlegm into a covered trash box.
- Urge coughing persons to wear masks.

Examples of supplies to be

stocked by individuals:



• Food examples (nonperishable):

Staple foods:

Rice, dried noodles, cut mochi, cornflakes and cereals, dried bread

Others:

Vacuum-packed or freeze-dried food (curry, okayu, miso soup etc.), instant ramen, frozen food (although power failures are possible), canned food, snacks, mineral water, beverages in cans or PET bottles

• Commodities and pharmaceuticals:

First-aid supplies:

Drugs (stomach medicine, painkillers, prescription drugs for chronic illness), adhesive plasters (large and small), gauze and cottons (sterilized and unsterilized), antipyretics (acetaminophen etc.), thermometer. *Note that some antipyretics may contribute to influenza-associated encephalopathy, so please consult physicians or pharmacists before purchase.

Counter-influenza goods:

Masks, rubber gloves (tough ones), water pillows and ice bags, bleaches (hypochloric acid for disinfectant effect), disinfectant alcohol agents, liquid hand soap, plastic bags (to seal in contaminated garbage)

Sakai City New Type Influenza (Fever)

Consultation Center

072-228-7023 (24 hours)

Sakai City Phone Consultation Reception

072-228-7023 (09:00 – 17:30)

* Sakai residents who have traveled to Mexico, the USA, or other places where outbreaks of a new-type influenza has occurred and have a fever of over 38 degrees Celsius or other flu-like symptoms are urged to not directly visit a doctor but first to call the aforementioned **Sakai City New Type Influenza (Fever) Consultation Center**. According to the symptoms, Sakai City will introduce the patient to a medical facility.

For non-Sakai residents, please contact Osaka Prefecture Public Health and Infectious Disease Control Division
06-6944-6791 24 hours (at the moment)

<<New Type Influenza related websites>>

*Health, Labour and Welfare Ministry “New Type Influenza Prevention Related Information” website

<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou04/index.html>

*Infectious Disease Surveillance Center Homepage

<http://idsc.nih.go.jp/index-j.html>

*Sakai City Homepage

<http://www.city.sakai.lg.jp/>

It is important to gather correct information about the new type influenza and act calmly so that panic does not occur.

Sakai City Sakai Public Health Center Medical Measures Division

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