

Health Cautions for Residents in Niigata Prefecture

【Process change in how to see a doctor】

- Currently those who may be infected with new influenza are advised to seek professional advice along with the information regarding the designated medical institution by phone consultation set up by Niigata prefecture and the municipal government. Starting this month, general clinics will start receiving patients who may have new influenza.
- Those who may be infected new influenza are recommended to call their family practitioner or their clinic to schedule an appointment. Please wear a face mask when you visit a medical institute in order to prevent spreading the new influenza virus.
- Please call to your district Public Health Center listed below (see telephone number) if you don't have a family practitioner or don't know which medical institute you can visit.
*Phone consultation will be available continuously by the Public Health Centers and the Niigata Prefectural Government (Department of Health and Social Welfare) Health Promotion Division while the phone consultation center service provided by the municipal governments might not be available all the time.

【What you can do to prevent spreading new influenza】

- Those who are diagnosed new influenza positive and those who with a high possibility of being infected with new influenza are advised to remain inside and refrain from going out to minimize public exposures.
- Those who are contacted by the Public Health Center regarding their excessive exposure to a new influenza positive patient are by law requested to report their health conditions to their district Public Health Center. Also, those who are experiencing symptoms such as high fever (not limited to over 38 Celsius fever), coughing, running and stuffy nose, and sore throat, are advised to remain inside while seeking for the professional advice from their district Public Health Center. Those who are not experiencing any symptoms at the moment don't have any restrictions in going out for work or school as long as certain influenza prevention measures taken, however it is advised to refrain from going out unnecessarily.
- Those who are experiencing symptoms are strongly advised to wear face masks, follow coughing etiquette, and see a doctor immediately to protect other people around you from the risk of new influenza infection. Especially, they are strongly advised to refrain from going to school, *Juku* (private school), summer school, and work to prevent mass spreading of the new influenza infection.
- We urge you to remain calm and not panic but be cautious about new influenza virus while continuously taking preventative measures such as washing hands and gargling.

For consultation support in foreign languages including English and Chinese, please contact the Niigata International Association at 025-241-1881 or 025-224-4787.

Phone Consultation Counters (Only available in Japanese)

- The Niigata Prefectural Government, Department of Health and Social Welfare,
Health Promotion Division
025-280-5200
*Available between 8:30 a.m. and 5:15p.m. on weekdays. Service is available on
holidays and at night in case of emergency.

- The Niigata City Public Health Center
025-212-8194
*Available between 8:30 a.m. and 5:30p.m. on weekdays. Service is available on
holidays and at night in case of emergency.

List of the Niigata Prefectural Regional Promotion Bureau (Public Health Center)

| Institution Name | Phone Number |
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| Murakami Regional Promotion Bureau, Health and Social Welfare Administration Department (Murakami Public Health Center) | 0254-53-1975 |
| Shibata Regional Promotion Bureau, Health, Social Welfare and Environmental Administration Department (Shibata Public Health Center) | 0254-26-9651 |
| Niigata Regional Promotion Bureau, Health and Social Welfare Administration Department (Niitsu Public Health Center) | 0250-22-5174 |
| Sanjo Regional Promotion Bureau, Health, Social Welfare and Environmental Administration Department (Sanjo Public Health Center) | 0256-36-2362 |
| Nagaoka Regional Promotion Bureau, Health, Social Welfare and Environmental Administration Department (Nagaoka Public Health Center) | 0258-33-4932 |
| Uonuma Regional Promotion Bureau, Health and Social Welfare Administration Department (Uonuma Public Health Center) | 025-792-8612 |
| Minami-Uonuma Regional Promotion Bureau, Health, Social Welfare and Environmental Administration Department (Minami-Uonuma Public Health Center) | 025-772-8142 |
| Tokamachi Regional Promotion Bureau, Health, Social Welfare Administration Department (Tokamachi Public Health Center) | 025-757-2401 |
| Kashiwazaki Regional Promotion Bureau, Health, Social Welfare Administration Department (Kashiwazaki Public Health Center) | 0257-22-4165 |
| Joetsu Regional Promotion Bureau, Health, Social Welfare and Environmental Administration Department (Joetsu Public Health Center) | 025-524-6134 |
| Itoigawa Regional Promotion Bureau, Health, Social Welfare Administration Department (Itoigawa Public Health Center) | 025-553-1933 |
| Sado Regional Promotion Bureau, Health, Social Welfare, and Environmental Administration Department (Sado Public Health Center) | 0259-74-3403 |

©Office Hour: Weekday between 8:30a.m. and 5:15p.m.

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| <p>For further information, International Affairs Division, Governor's Policy Bureau, Niigata Prefectural Government Tel: 025-280-5098(Direct)</p> |
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