

Announcement  
about New Influenza  
A(H1N1)

When You Are Infected by a New Influenza Virus  
~Health Advice on How to Take Care of Patients at Home~

It is difficult to protect family members who live in the same house with an infected patient from new influenza virus infection, however please take extra cares described below to minimize the risk of new influenza virus infection.

**Precautions for an infected patient !**

- Follow coughing etiquette!
- Frequently wash your hands thoroughly using soap!
- Take prescribed medicine as directed even after you feel better.
- Drink lots of fluids and get enough sleep.



Wash your hands with a soap properly.



※The spray from a cough or sneeze by an infected patient consists the new influenza virus.



**What is coughing etiquette**

- 1 Stay away from those around you.
- 2 Cover your mouth and nose when you cough or sneeze and turn your face away.
- 3 Wash your hands immediately after covering a cough or sneeze.
- 4 Use a mask, and throw it away immediately after usage.

**Health Advices for family members !**

**[Major Symptoms of Worsening]**  
Hyperventilating, Breathing difficulty, Inability to drink water, No appetite, Fatigue, Vomiting, Unconsciousness, Seizure, etc.

- Monitor the patient's condition while checking his or her temperature, and ask for professional advise immediately after you see any sign of conditions worsening.
- Wash your hands frequently after taking care of a patient.
- Stay in a separate room from where a patient is resting, if possible.
- Wear a mask when you are close to a patient.
- Use different towels and dishes from those a patient uses. It is no problem to wash laundry and dishes without separating.

※Regular laundry, washing, and drying processes are sufficient for disinfection.

◎ Even after your fever back to normal, there is still a good chance to infect other people around you since new influenza infection is highly contagious.

**It is strongly advised that you remain inside for at least another two days**

