

Announcement
about New Influenza
A(H1N1)

Health Advices for Those who Have Underlying Medical Conditions

▼ The current epidemic of New Influenza is very similar to seasonal influenza and many patients get well after experiencing mild symptoms.

▼ However, there is a report that those who have the underlying medical conditions listed below have a great tendency to fall into critical condition with the current new influenza infection.

Underlying
Conditions

- Chronic Respiratory Illness
- Chronic Heart Disease
- Impaired Kidney Function
- Metabolic Diseases such as Diabetes
- Weaken Immune System caused by Steroid Intake, etc.



Prevention
is
the Crucial!

Prevention Advices Against Virus Infection

Disposable Masks are
effective!

- ① **Refrain from going out unless it's necessary** to minimize the risk of virus infection.
- ② Wear a **face mask** when you go out or expose to a large amount of people.
- ③ **Gargle and wash your hands** immediately after you come back from outside or have contact with people.
- ④ Eat a balanced diet and get enough sleep.
- ⑤ **Maintain a good room environment.** (**Ventilate the room** frequently and maintain adequate humidity)
- ⑥ Check **where you can contact for professional advice (or if your home doctor can see you)** when you are sick (or experiencing influenza symptoms).
- ⑦ **Follow your doctor's advice on lifestyle and prescribed medicines.**



Wash your
hands
with soap
properly.

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



Seeing a doctor is strongly advised immediately after you experience sudden influenza symptoms such as high fever, coughing, and sore throat.



■ **Please call your family practitioner** and follow the doctor's advice when you are experiencing **influenza symptoms** such as high fever, coughing, sore throat, etc. Failure to do so could lead to a critical condition.

■ **Please wear a mask when you visit a medical institution** to prevent spreading virus to the people around you.



Issued by the Niigata Prefectural New
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