

Announcement  
about New Influenza  
A(H1N1)

# Health Advice for Pregnant Women

- ◆ The current epidemic of new influenza is very similar to seasonal influenza so it is impossible to diagnose which influenza a patient infected in the earliest stage of symptom development.
- ◆ Most of infected patients recovered after experiencing mild symptoms with the same treatment for seasonal influenza.
- ◆ However, It is strongly advised for pregnant women to take extra precautions since there are several reported cases that those who are pregnant have a greater tendency to fall into critical condition in current new influenza infection.

## Understanding New Influenza is the First Step in Preventing Infection

### Prevention Tips !

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

Disposable masks are effective!

- Refrain from going out unless it's necessary to minimize the risk of virus infection.
- Wear a mask when you go out or expect exposure to a great amount of people.
- Gargle and wash your hands immediately after you come back from outside or have contact with people.
- Eat a balanced diet and get enough sleep.
- Maintain a good room environment. (Ventilate the room frequently and maintain adequate humidity.)
- Check where you can contact for professional advice (or if your family practitioner can see you) when you are sick (or experiencing influenza symptoms).
- Take extra care if a family member is infected.

**Q. What should I do if I am experiencing new influenza symptoms such as a high fever, cough, and sore throat?**

**A** It is strongly advised to call your OBGYN to make an appointment immediately. Please follow your doctor's advice, and wear a mask when you actually visit a medical institution to protect other people from the risk of new influenza infection.



Please refrain from visiting a medical institution directly without an appointment.

Please find more detailed information regarding the health advice of new influenza A (H1N1) prevention for pregnant women or those who are breast feeding at the homepage of the Japan Society of Obstetrics and Gynecology listed below.

<http://www.mhlw.go.jp/bunya/kenkou/kekaku-kansenshou04/pdf/02-03-01.pdf>



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