

The New Influenza A (H1N1) Virus

Don't Catch It! Don't Spread It!

How to Prevent Infection and the Spread of Infection

Please keep in mind the importance of guarding against the new flu virus and not spreading it to other people

The number of cases of the H1N1 flu is increasing in Tokyo.

The flu season will be upon us soon. It is important for each and every one of us to be careful about preventing infection from the new flu virus.

■ “Cough etiquette”: The best way to keep from spreading the new flu virus

- Wear a mask* if you have such symptoms as coughing or sneezing.
- Cover your mouth and nose when you cough or sneeze.
- Face away from the people around you when you cough or sneeze.

(* Nonwoven masks, which are available over the counter, are highly recommended.)

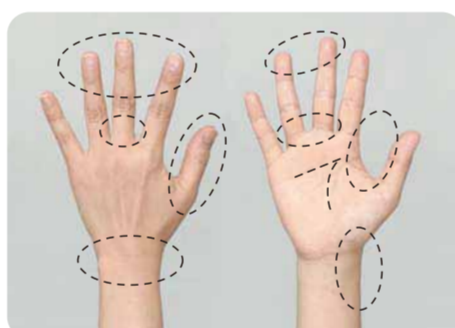
How to wash your hands properly

Before washing your hands, check the following:

- Are your fingernails cut short?
- Have you removed your watch and rings?

Areas that are difficult to clean:

- Fingertips and edges of fingernails
- All areas of the fingers
- All areas of the thumb
- Wrists
- Creases in your hands



① After thoroughly wetting your hands under running water, apply soap and rub the palms of your hands well.



④ Wash between your fingers.



② Wash the back of your hands. Be sure to keep your fingers straight while scrubbing.



⑤ Wash your thumb by gripping it with your other hand and twisting it around the thumb.



③ Carefully scrub your fingertips and nails.



⑥ Do not forget to wash your wrists.

⑦ Rinse the soap off completely under running water and dry your hands thoroughly with a paper towel or clean personal towel.

(Approximately 30 seconds should be taken for steps 1 through 6.)

General Medical Institutions in Tokyo Can Treat Patients with the New Flu Virus

Contact your doctor for information on the time and procedures for the examination. When you go for your examination, be sure to wear a mask.

Because the disease can become serious for those who are pregnant or have underlying diseases, please see a doctor as soon as possible if you are one of those people.

If you do not have a regular doctor and do not know where to go for an examination, or if you have any questions while you are resting at home, please call the Tokyo Metropolitan Health and Medical Information Center or Consultation Services for Influenza A (H1N1).

Consultation Services for Influenza A (H1N1) (in Japanese only)

- Weekdays, 9:00 a.m. to 5:00 p.m.: **Your local public health center**
- Weekdays, 5:00 p.m. to 9:00 a.m. the following day; Saturdays; Sundays; and national holidays

0570-03-1203

Notes: 1. For PHS's and IP telephones that cannot reach the number above, call 03-5977-5638.
2. Those with a hearing disability should fax the Tokyo Metropolitan Health and Medical Information Center (Himawari) (Fax: 03-5285-8080).

Tokyo Metropolitan Health and Medical Information Center (Himawari) (in English, Chinese, Korean, Spanish, and Thai)

- Weekdays, Saturdays, Sundays, and national holidays; 9:00 a.m. to 8:00 p.m.

03-5285-8181

Please be sure to get accurate information from the national and local governments.

Tokyo Metropolitan Government Bureau of Social Welfare and Public Health's Web site:
www.fukushihoken.metro.tokyo.jp/iryo/kansen/sinpojiumu/Information_concerning/index.html

東京都福祉保健局 検索

Ministry of Health, Labour and Welfare's Web site:
www.mhlw.go.jp/english/topics/influenza_a/index.html

厚生労働省 検索