

# Protect yourself from Influenza!



Influenza peaks between December and March every year.

The infection is very strong and about 10 million people are infected every year in Japan. In order to prevent the spread, each of us should implement measures "not to get infected" and "not to infect other person".

## Influenza symptoms

**Systemic symptoms such as fever of 38°C or higher, headache, arthritis, myalgias, etc.**

Sore throat, runny nose, sneezing, coughing, etc.



**Common cold** symptoms such as sore throat, runny nose, sneezing, coughing, etc. are usual, however systemic symptoms are rarely seen.



## There are **two** main causes of the infection

### 【Droplet infection】



An infected person coughs or sneezes, and the droplets containing virus get into others' body when inhaled through nose or mouth.

### 【Contact infection】

An infected person covers coughs or sneezes with his hands or wipes his nose, and after that he touches doors or switches. Other persons touch the same place and the virus gets into their body as they touch their nose or mouth with hands.



## What should I do when I have flu symptoms?

- If you have high fever or difficulty breathing, see a doctor immediately. Also, take the medicine as prescribed by your doctor.
- Have a good rest and keep yourself hydrated.
- Wear a mask if you are coughing or sneezing.



If you start taking antiviral drugs against influenza within 48 hours of illness onset, you can expect effectiveness such as shortening the duration of fever, etc.



## Do not ignore **the signs of aggravation.**

It should be noted that **elderly people, infants, children, pregnant women and people with chronic diseases** are at increased risk of aggravation when infected with influenza virus. If you notice the signs of aggravation, see a doctor right away.

### A person with a chronic disease is...

A person with metabolic disorders such as asthma, chronic respiratory disease, chronic heart disease, diabetes, etc.

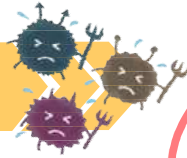
### In children

- Convulsions, unresponsive
- Fast breathing, suffering from pain
- Looking pale
- Continued vomiting or diarrhea
- Symptoms last for a long time and getting worse

### In adults

- Dyspnea, shortness of breath
- Continued chest pain
- Continued vomiting or diarrhea
- Symptoms last for a long time and getting worse

# How to prevent influenza



■ Most frequently missed areas in hand washing  
■ Less frequently missed areas in hand washing



## ▼ Basic prevention, Hand washing

Before hand washing

- Cut your nails short
- Remove your wristwatch and any rings



After wetting your hands with water, apply soap and rub the palms well.



Rub the back of your hands up and down.



Thoroughly rub the fingertips and nails.



Wash between your fingers.



Twist and wash your thumbs with the palms of your hands.



Don't forget to wash your wrists.



Rinse thoroughly with water and wipe dry with a clean towel or paper towel.

## ▼ Avoid crowds and wear a mask when going out.



Chin exposed Nose exposed

## ▼ To build up your resistant, get adequate rest and nutritionally balanced diet

- Avoid staying up late and improve your sleep quality
- Eat a well-balanced diet
- Make moderate exercise a habit and build up your physical strength.



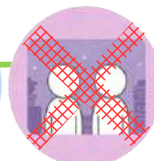
## ▼ Get vaccinated before influenza outbreak

By getting vaccinated, it is expected not only to reduce the risk of onset but also to mitigate disease severity in case a person becomes infected.



It takes 2-3 weeks for the vaccine to be effective, so the vaccination should be done early.

## Regarding COVID-19 infection prevention



The risk of infection of COVID-19 increases in situations such as "dense" situations (closed spaces, crowded places and close-contact settings), long-term meals in large groups, conversation without mask, living together in a small limited space, switching locations such as when you take a break in workplace, etc. Avoid at least one risk, and take thorough prevention measures. In addition, lifestyle habits such as washing hands, wearing masks, and building up your resistance, are effective not only for influenza but also for COVID-19 infection prevention.