

Preventing the Flu!

About The Flu

Q. What are its symptoms?

Fever above 38°C, coughing, sore throat, feelings of lethargy, sore joints

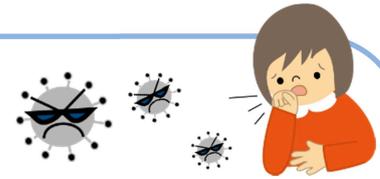
Q. How do you catch it?

From snot, saliva, or exposure to coughing or sneezing from infected persons.

*A sudden fever and other symptoms will typically appear 1-2 days after infection.

Q. When do most people get it in Shimane?

The flu season begins at the end of December. Mid-January to early February is the season's peak. Cases typically decline towards the end of March.



How to Prevent Catching & Spreading The Flu

① Preventative Vaccinations

A vaccination will stop symptoms appearing and prevent them being severe.

The vaccine is effective from two weeks after the injection occurs.

Get vaccinated before the start of the flu season!



② Coughing Etiquette

• **Wear a mask** when frequently coughing or sneezing.

• Cover your mouth with a tissue when coughing or sneezing and avoid facing people.

• After coughing or sneezing onto your hands, wash them as soon as possible.

③ Washing Your Hands

You can infect yourself by touching your mouth or nose with a hand that has the virus on it. **Wash your hands with soap** when coming into a building from outside, before and after cooking, and before eating.



④ Beware of Dryness

It's easier to become infected in a dry environment. It can easily become dry indoors, so invest in a humidifier and set the humidity to **50%~60%**.

⑤ Rest well & eat healthily

Take lots of **rest**. Maintain a **healthy dietary balance**.



⑥ Avoid Places With Large Crowds

Once the flu season starts, you should avoid going to areas with crowds of people, especial if you are elderly, pregnant, tired, or not sleeping well. If you have to go to a crowded place, wear a mask while there and wash your hands when you get home.

If You Think You Have It...

● Go To The Hospital As Soon As Possible

You should take anti-influenza virus medication within 2 days (48 hours) of the first symptoms appearing, otherwise they will be ineffective.

If you have any symptoms, or just feel lethargic in general, we advise you to see a doctor.

Caution Required!

The elderly, young children, pregnant women and those with pre-existing conditions (lung, throat, or heart problems, diabetes patients etc are particularly susceptible)

While Sick

● Rest & Relax

Go to the hospital as soon as you are able. Rest and relax peacefully.

Sleep a lot.

● Drink Plenty of Fluids

Drink plenty of fluids to prevent dehydration.

● Don't Leave People Younger Than 19 Years Old Alone

Persons under 20 years of age should not be left alone, especially within the first 2 days after symptoms show, while they have the flu as they can exhibit unusual and potentially dangerous behaviors.



About The Flu Vaccine

You can get a flu vaccine at any hospital. You cannot use your health insurance. Please ask the hospital about the cost.

◆ Your municipality will bear some of the cost if you fall under one of the following categories:

- ✓ People over 65
- ✓ Persons aged 60-64 with heart, kidney, or breathing problems that impact on their daily life.
- ✓ Person aged 60-64 who are unable to lead normal lives due to being infected with HIV.

※Some municipalities will offer assistance to people outside these categories. Please ask your town office for more details.

Enquiries: Medical Affairs & Public Health Division, Shimane Prefecture TEL: 0852-22-6532