

Beware of the flu !

Influenza comes every winter and affects many people

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. The flu is different from a cold. Its activity most commonly peaks in Japan between December and March.

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

If you feel you have got flu, please call Health Service Center immediately.

Saitama University Health Service Center: 048-854-5356

You can't directly go there due to avoid transmission to others.

Antiviral medications can make your illness milder and make you feel better faster. They may also prevent serious complications from the flu. Antiviral medications **work best when started within the first 48 hours of getting sick.** Without antiviral treatment, it will take to recover about one to two weeks.

Flu transmits easily from person to person. It does this through the air or from contaminated hands or surfaces. The risk of getting or causing infection is easily reduced by following some **simple prevention**.

- ✓ **Proper use of flu vaccines is the most effective protection to the individuals.**
It is important to note that the flu vaccine takes about 3 weeks to build up enough antibodies to protect against the flu. We recommend you to get the vaccine in early December.
- ✓ Get plenty of rest and get adequate nutrition.
- ✓ Avoid the crowds.
- ✓ Keep moderate room temperature and humidity; Use humidifier in the room because the viruses are more stable in cold air, and low humidity also helps them remain in the air.
- ✓ Wash hands and gargle the throat.
- ✓ Use a face mask.

Avian influenza A (H7N9)

If you match the following cases, you are highly suspected to be infected it.

- ✧ You have been in the regions of avian influenza infection, and have returned within 7days
- ✧ You have contacted with poultry (e.g., domesticated chicken, ducks, and turkeys) or wild birds in the region
- ✧ Symptoms include fever, cough and shortness of breath.

Please check the latest information about avian influenza if you're traveling to Southeast Asia or to any region with bird flu outbreaks.

<More information about the flu>

National Institute of Infectious Diseases: <http://www.nih.go.jp/niid/en/>

Ministry of Health, Labour and welfare: <http://www.mhlw.go.jp/english/>

Ministry of Foreign Affairs/Oversea Safety HP (only Japanese):

http://www.anzen.mofa.go.jp/kaian_search/index.html

WHO: <http://www.who.int/en/>