

~Swine influenza~

There has been an epidemic outbreak in Fukui city since this August. People with breathing problem and heart diseases as well as with kidney disorder and diabetes, babies and pregnant women are said to get easily severe by this type of influenza. Please take preventive measures.

1. Measures to prevent swine influenza

● Wash your hands and gargle carefully

After having cough or being in places where large groups of people congregate, carefully wash your hands with soap or disinfectant alcohol for 15 or more seconds.

Take time for gargle when returning home,

● Wear a mask properly

Cover your mouth and nose with a mask so that it fits your face properly. Virus might be attached to the mask. Avoid touching the mask while wearing it.

● Stay Home

To avoid infection, go out only when it is necessary. Please take thorough preventive measures if you take part in activities or events that involve large groups of people.

● Get enough sleep and well-balanced meals

People get easily infected or become severe when their immune system weakens. Try to improve your physical strength and immune system to maintain good health.

2. Confirm consultation centers in case you of feeling sick

Pay attention to your own health.

We recommend you to visit a doctor at the consultation center as soon as possible if you happen to have such influenza symptoms as fever, sore throat or cough. (Be aware that some hospitals won't be able to accept patients with fever.)

3. Ambulatory patients

Outpatients who go to hospital for regular consultations and medication should ask their doctor about the next visit.

4. Where to go when you have influenza symptoms

Now people infected with swine influenza can go to hospitals and clinics. Those who don't have a primary care doctor and want to know more about home healthcare please contact the following organizations.

※ Cautions about hospital visits

Contact the hospital you want to go to by phone. Follow the doctor's instructions when visiting the hospital. (Confirm the reception area. Don't forget to wear a mask.)

●Fukui Prefecture Fever Check Center (Fukui Health and Welfare Center)

0776-36-1261

Open 8:30~17:30 (weekdays)

●Fukui City Helpline

0776-28-1728 (special Line) (Fukui City Health Center)

0776-98-3200 (Shimizu Health Center)

Open 8:30~17:30 (weekdays)