

We all need to prevent the New Influenza from spreading.

An infection of the New Influenza is spreading far and wide. It may be spreading further in the coming season. It is reported that if infected, the condition of some people may become at high risk for serious flu complications ; children, expectant mothers, elderly people, people with certain health conditions such as chronic respiratory disease, chronic heart disease, diabetes, other metabolic disorder, kidney function disorder, immune system disorder, etc.

Each one of us must prevent an infection.

Do wash hands!

Develop a habit of washing hands to stop the New Influenza.

Wear "a flu mask" when you cough!

When coughing or sneezing, cover your mouth and nose with tissue paper or the like. Please keep good manners.

When you doubt yourself catching the New Influenza,

You can go to general medical facilities, such as hospitals and clinics. If you have the symptom of an influenza, contact a medical facility by telephone ahead of time, and get information of consultation hours and procedures. Always wear a mask when visiting a medical facility.

If you do not know which hospital or clinic to visit, or have questions about home treatment, contact the following health center.

- **Tokyo Metropolitan Tama Kodaira Health Center 042-450-3111**
 - Monday ~ Friday 9:00 a.m.~5:00 p.m.
 - Language:Japanese only
- **New Infulenza Consultation Center 0570-03-1203 (Phone number has been changed since September 1)**
 - Saturdays, Sundays and national holidays 24 hours
 - Weekdays 5:00 p.m.~9:00 a.m.
 - Language:Japanese only
- **Tokyo Metropolitan Health and Medical Information Center (Tokyo-to Hoken Iryo Joho Center) "Himawari" 03-5285-8181**
 - "Himawari" is the directory service for providing information about medical facilities, operated by Tokyo Metropolitan Government.
 - The foreign language service includes English, Chinese, Korean, Thai and Spanish.



Inquiry

- 9:00a.m. ~ 8:00p.m

If you do get sick with new influenza...

Even though a fever recedes, it is possible that the infectivity still remains. Patients should not go out for 7 days from the next day the symptoms started, such as a fever, cough or a sore throat, etc. Although a fever recedes, patients should stay at home for additional 2 days.