

To Residents of Nagano Prefecture Governor's Message

27 August 2009

Jin Murai
Governor
Chief of New Flu Task Force
Nagano Prefectural Government

- Today, it was confirmed that one person in his thirties died of the new influenza in Nagano City. I sincerely pray for the repose of the departed spirit.
- The main factor responsible for his death is considered that he was with pre-existing illnesses under treatment and contracted the new flu.
- The currently epidemic swine flue has virulence similar to seasonal influenza. It is said that symptoms of the people who are basically healthy are comparatively mild, and many of the patients would recover without developing into severity. However, it is learned that cases of those people who have pre-existing illnesses such as asthma, cardiac disorders, kidney diseases, or diabetes, and pregnant women as well as infants may become serious.
- A possible further outbreak of swine flue in the future is expected in this prefecture as well.
- I request all the citizens to keep the commitment to “prevent contraction and avoid further spread” of the new influenza. At the same time, please remain alert on the flu virus and take preventive actions yourself by washing hands, gargling, wearing a mask when you have a symptom, avoiding unnecessary visits, and keeping proper “cough etiquette.”
- Nagano Prefecture continues to undertake preventive measures to avoid a rapid spread of the new virus, and take every necessary action to combat the new influenza in a full cooperation with medical institutions and medical associations, while monitoring developments carefully.

We would appreciate your continued cooperation and understanding on this issue.

To Residents of Nagano Prefecture
Governor's Message on New Influenza
(In response to Guidelines issued by Ministry of Health, Labor and Welfare)

19th June, 2009

Jin Murai
Chief of New Flu Task Force
Nagano Prefectural Government

The "Guideline for Securement of Medical Services, Quarantine and Requests for Temporary Closure of Schools, Day-care Facilities (Revised)" was issued by Ministry of Health, Labor and Welfare on June 19.

This guideline states that "keeping the number of outbreaks remain zero by the current countermeasures to confine the new flu virus has already become difficult, considering the current infection situation."

Granted this guideline, Nagano Prefecture is therefore responding as follows:

(Principal measures)

● Patients:

- In principle, patients are recommended to refrain from going out and to stay home for recuperation.
- Patients whose basic illness may cause serious conditions should be hospitalized for medical care if necessary.

● Individuals who have had close contact with patients:

- We will explain preventive measures for further infection by refraining from going out, and ask for their understanding on the issue.
- We request the person to report their condition to a Health and Welfare Office, if any of the symptoms such as outset of fever should occur.
- In case an individual has underlying illness and the infection is strongly suspected, prophylactic administration of anti-influenza-virus drugs will be conducted.

● Schools and child-care facilities, etc.:

- If an infected case should happen at schools, child-care facilities, and so forth, we will request the institution to have a temporary closure according to circumstances.
- We may request for a temporary closure of institutions in wider area including schools and day-care centers which do not have any infected cases yet, if we consider it necessary for the sake of preventing further infection.

● Proactive surveillance of infected cases:

- We do not conduct surveillance on all of the patients, but focus on patients who belong to a school or a mass group, which has epidemic potentiality at a large scale if left neglected.
- We will also survey patients who became infected one after another in a same group.

In addition to those measures mentioned above, we will be conducting other counter-measures against the new influenza according the current situation while keeping close cooperation with other organizations involved.

We would like to ask all the citizens of Nagano Prefecture to adhere to the latest information, and ask for your continued cooperation in prevention of further spread of infection by conducting preventive actions for infection.

Thank you again for your kind understanding and cooperation.

- Wash your hands and gargle often.
- Avoid visiting crowded areas.
- Wear a mask in crowds.
- Practice proper “etiquette” when coughing or sneezing.

New Influenza Telephone Consultation Service

Since the number of telephone calls for consultation at night has been on the decline, the telephone hotlines consultation system will be revised as follows from the 20th June 2009.

○ Telephone Consultation Hotlines (From 20th June 2009)

	Consultation Hotline for Onset of Fever	New Influenza General Consultation Hotline
Details	Questions and consultation related to onset of fever, severe acute respiratory symptoms (such as sore throat, cough, runny nose), and medical institutions.	Questions and consultation other than those related to the issues mentioned on the left.
Location	<ul style="list-style-type: none"> ○ Health and Welfare Offices ○ Nagano City Health Center 	Nagano Prefectural Office (Health Promotion Support Division, Health Department)
Operation Hours	<ul style="list-style-type: none"> ○ Health and Welfare Offices 8 : 30 – 17 : 15 ○ Nagano City Health Center <u>24 hours available</u> 	<u>8 : 30 – 19 : 00</u>
Method	Phone / Fax	

※ Only in emergency cases, consultation outside the above hours will be also available if required.

※ Those with foreign nationalities who are not good at speaking in Japanese are recommended to contact a Health and Welfare Office through a Supporter for Foreign Residents.

(Supporters for Foreign Residents' contacts:

Portuguese Tel. 090-7428-3577, Chinese Tel. 090-7429-6822,

Tagalog / English Tel. 090-7710-7446, Thai / English Tel. 090-7427-4648)

○ Consultation Locations and Phone Hotline Numbers

◆ Onset of Fever Consultation Phone Hotlines (Operation Hours)

Health and Welfare Offices: 8 : 30 – 17 : 15

Nagano City Health Center: 24 hours available

Location	Phone	Fax
Saku Health & Welfare Office (Saku Health Center)	0267-63-3163	0267-63-3163
Ueda Health & Welfare Office (Ueda Health Center)	0268-25-7148	0268-25-7148
Suwa Health & Welfare Office (Suwa Health Center)	0266-57-2930	0266-57-2930
Ina Health & Welfare Office (Ina Health Center)	0265-76-6837	0265-76-6837
Iida Health & Welfare Office (Iida Health Center)	0265-53-0444	0265-53-0444
Kiso Health & Welfare Office (Kiso Health Center)	0264-25-2232	0264-25-2232
Matsumoto Health & Welfare Office (Matsumoto Health Center)	0263-40-1939	0263-40-1939
Omachi Health & Welfare Office (Omachi Health Center)	0261-23-6560	0261-23-6560
Nagano Health & Welfare Office (Nagano Health Center)	026-225-9045	026-225-9045
Hokushin Health & Welfare Office (Hokushin Health Center)	0269-62-4281	0269-62-4281
Nagano City Health Center	026-226-9950	026-226-9950

■ General Consultation Phone Hotline (8 : 30 – 19 : 00)

Location	Phone	Fax
Health Promotion Support Division, Health Department	026-235-7484	026-235-7170