

To Residents of Nagano Prefecture

28th April, 2009

Director of headquarter for Pandemic Influenza Countermeasures

Jin Murai

Infection of Swine flu has been brought up in Mexico and the U.S for few days, however, WHO(World Health Organization) confirmed infection of person to person and raised its alert level to Phase 4 on 28th April today, so that the Minister of Health, Labor and Welfare today officially announced an outbreak of Pandemic Influenza.

Accordingly, the headquarter for Pandemic Influenza Countermeasures in Nagano was set up at 7:05 am today, in order to respond to the situation quickly and suitably, for a purpose of preventing health hazard for the people in Nagano prefecture.

At the same time, we are making a request for setting up the head offices in each district.

Prefectural government will continue to obtain domestic and foreign information carefully, and work in closer cooperation with the related organizations. Since all provincial agencies shall take necessary measures against new influenza, we would appreciate your cooperation and understanding the issue.

Especially, the following actions need to be taken:

- Please keep calm because there is still nobody infected in Japan.
- Please be informed that you can not get infected by eating pork or pork products.
- For the people coming back from infected area, if you have the symptoms such as a fever over 38°C with a cough or being stifled within 10 days after arrival, please contact Health and Welfare office nearby first, DO NOT go directly to medical institutes.
- If you must travel to areas reporting swine influenza, please avoid being in crowd of people and touching animals, besides take preventive measures by wearing a mask, washing your hands and gargling.
- Please cover your nose and mouth with a tissues when you cough or sneeze, and wear a mask properly.
- Please pay attention to the latest information.