

To Residents of Nagano Prefecture

The first new influenza infection case was reported in Japan on Saturday May 16, 2009. Nagano Prefecture will continue to monitor developments and information both here and abroad carefully, and cooperate fully with other institutions concerned. Since all prefectural organizations will be taking necessary measures to combat the new influenza, we would appreciate your continued cooperation and understanding on this issue.

The following actions are particularly important and should be taken hereafter:

- Please remain calm as the infection cases have been confined to certain areas in Japan.
- For people returning from any infected areas, if you have symptoms such as a fever over 38°C with coughing or difficulty breathing within 7 days after returning, please contact a nearby Health and Welfare Office (Health Center) first.
DO NOT go directly to medical institutions.
- If you have to travel to or stay in areas reporting swine flu cases, please avoid crowds and contact with animals, and take preventive measures including wearing a mask, washing hands and gargling frequently.
- Please cover your nose and mouth with tissues when you cough or sneeze, and wear a mask properly.
- Please be informed that you will not become infected by eating pork or pork products.
- Please remain on alert for news updates.