

## Influenza Alert Has Been Issued

January 21, 2019

On January 16, an influenza alert was issued in Nagano Prefecture. Please take every precaution against contracting or transmitting the influenza virus.

- ◆To prevent contracting the flu virus,
  - wash your hands often.
  - avoid crowds. If you must be in the crowd, wear a face mask.
  - enhance your physical strength and immunity by getting good nutrition and sleep.
  - properly humidify your room using a humidifier.
  
- ◆To prevent transmitting the flu virus,
  - do not wait to consult your doctor if you don't feel well.
  - get timely rest and enough sleep once you have contracted the flu.
  - drink a lot of water.
  - wear a face mask if you have coughs and sneezes.
  - immediately stop attending school or going to work.

Reference: (Website of Nagano Prefecture: Japanese only)

[https://www.pref.nagano.lg.jp/hoken-shippei/happyou/20190116\\_influenza.html](https://www.pref.nagano.lg.jp/hoken-shippei/happyou/20190116_influenza.html)

For inquiries, contact:

- Supporters for International Residents: TEL. 026-235-7186 (in Chinese, English, Portuguese, Tagalog and Thai)
- Health and Disease Control Division, Health and Welfare Department, Nagano Prefecture: TEL. 026-235-7148 (Japanese only)