

August 20, 2009
Kagawa Prefecture

To the citizens of Kagawa Prefecture

- Currently the number of H1N1 influenza outbreaks in communities throughout Japan is increasing.
It is predicted that the spread of H1N1 influenza will increase in Kagawa as well.
- The outbreak of H1N1 influenza has been confirmed in public health care centers throughout the prefecture.
- Characteristics of the current strain of the H1N1 virus include:
 - ①The H1N1 virus has the same virulence as the common seasonal flu.
 - ②Such medications as Tamiflu have a high rate of effectiveness.
 - ③Because most people have no immunity to the H1N1 virus, the chance of being infected by the virus is extremely high.
- Although most healthy people recover quickly from H1N1 influenza, there is a greater concern for severe symptoms among people with serious illnesses, such as asthma, heart disease, kidney disease, and diabetes, as well as among children, elderly, and pregnant women. These people should quickly see a doctor if infected.
- People with cold or flu symptoms should drink plenty of fluids, get sufficient nutrients, avoid unnecessary trips to public places, and get lots of rest.
When going out, especially when going to a hospital or health care center, be sure to put on a mask.
- When people in your surroundings have cold or flu symptoms, your chances of contracting the flu increase. In order to prevent the spread of the H1N1 virus, please refrain from nonessential trips into public places.
When going out into public places, please wear a mask.