

# INFLUENZA . . . BE PREPARED!

## How not to get infected . . .



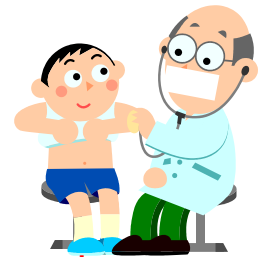
- Wash your hands often with soap under running water for at least 15 seconds, and avoid going outside unless necessary, especially to places where many people gather.

## How not to infect others . . . 「Cough etiquette」!

- Wear a mask if you are coughing or sneezing.  
(If you do not have a mask, cover your nose and mouth with a tissue.)
- Turn your face away and get 1-2 meters away from other people.

## If you think you might be infected . . .

- If you show any influenza-like symptoms like sudden high fever, tiredness, joint pain, cough, runny nose, or sore throat, visit a near-by healthcare facility or emergency hospital, but **contact** them first and wear a **mask**.



## If you have a chronic illness or are pregnant . . .

- Take good care of your health and consult your doctor.
- If you show any symptoms visit a healthcare facility promptly.



Otsu Public Health Center    Influenza Consultation

TEL : 5 2 4 - 5 2 0 3    FAX : 5 2 4 - 5 2 7 0