

May 20, 2009 ①

## Influenza A(H1N1) Reported in Shiga

### **This is an influenza A(H1N1) update.**

At 8:45 am on May 20 2009, a 20 year old male resident of Otsu city was confirmed to have the influenza A(H1N1) virus.

Influenza A(H1N1) has symptoms which are similar to those of normal seasonal influenza. It is possible to recover from an infection with early medical attention. We will continue to post new information as it becomes available. There is no cause for alarm at this time.

Symptoms of influenza A(H1N1) include a fever above 38°C, cough, sore throat, runny nose, and chills. If you experience any of these symptoms do not go directly to the hospital. Instead, please call the Fever Consultation Center. The center will provide advice and direct you to the proper medical facilities. Please follow the center's instructions.

### **Fever Consultation Center**

**Health Promotion Division 077-528-4983 (24 Hours, in Japanese)**  
**Shiga Prefectural Government**

*To prevent the further spread of infection, the following measures are being taken.*

#### **Affected Regions**

Otsu, Kusatsu, Ritto, Moriyama, Yasu, and Konan cities

#### **Time Period:**

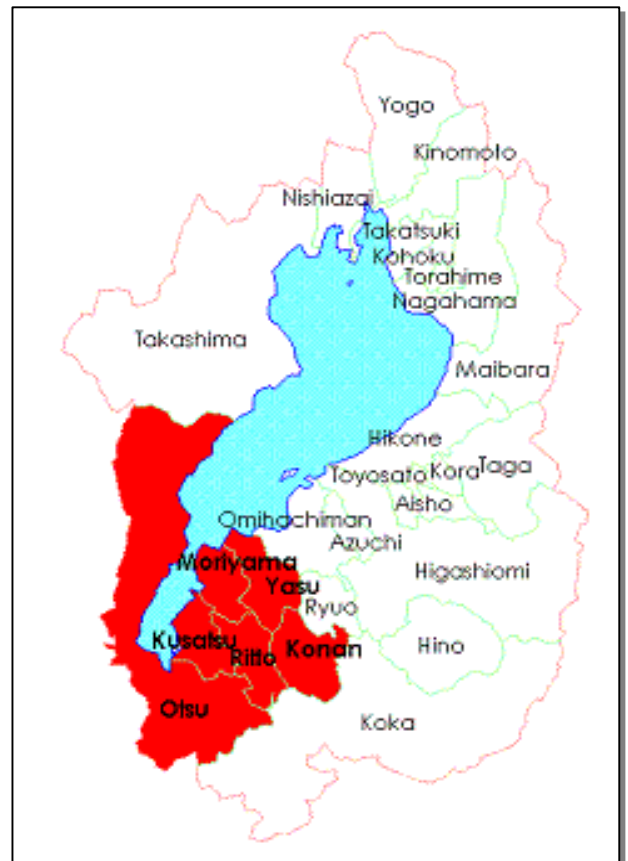
May 20 (Wednesday) – May 26 (Tuesday)

\*Elementary schools, middle schools, high schools, day care centers, and nursery schools will be temporarily closed. (Prefecturally run high schools will all temporarily close.)

\* Community centers, libraries, and other public facilities will be temporarily closed.

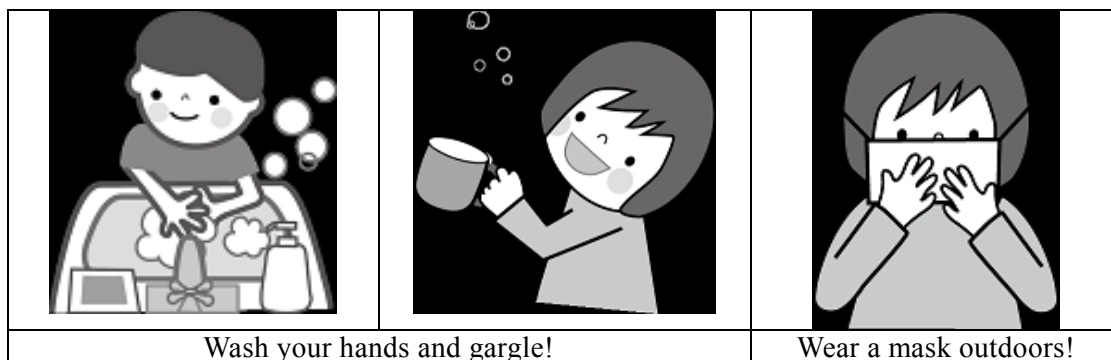
\*Other events and ceremonies will be cancelled.

\*These measures may be expanded to areas outside the above regions.



### Ways to Prevent Infection

1. Wash your hands and gargle. Hand washing is particularly effective.
2. Wear a mask when going outside.
3. Avoid areas where large numbers of people gather. This includes concerts and assemblies.
4. Avoid contact with infected persons and travel to areas where influenza A(H1N1) has been reported.
5. Eat healthy foods and get plenty of sleep and rest.



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