

## NEW INFLUENZA PREPAREDNESS

We are now entering the upcoming season of New Influenza (A / H1N1) . Influenza activity is increasing in schools and public facilities. Severe cases may lead to temporary sick leave and class closing. We do hope our residents can pay high attention to prevent the infection during this autumn and winter, the influenza seasons. We will do our best to update the latest information for you. Please check our website often and response properly without panic.

### ◆ HOTLINES FOR NEW INFLUENZA HAVE BEEN CHANGED

The night time and weekend Japanese hotlines for new influenza consultation and introducing medical institutions provided by Tokyo Governor have been changed as of September 1, 2009.

- ※ Daily 09:00-17:00 ☎ 042-362-2334 (Tokyo Tama-fuchu Health Center)
- ※ Daily night time / weekends / public holidays ☎ 0570-03-1203 (Navi-dial)  
【For PHS and IP phones, please dial ☎ 03-5977-5638 】
- ※ Fax for deaf and people of auditory disabilities ☎ 03-5285-8080  
(Sunflower, the “Tokyo Metropolitan Medical Institution Information” center)
- ※ **Medical Information Service in foreign languages** ☎ 03-5285-8181 Daily 09:00-20:00  
Introduction to medical facilities and practitioners · Explanation of the Japanese medical system.  
**Emergency Interpreting Service** ☎ 03-5285-8185.  
Weekdays 17:00-20:00 & weekends 09:00-20:00

Japanese Hotlines provided by Musashino City for New Influenza Consultation  
Weekdays 09:00-17:00 ☎ 51-0200 or 51-0700 (Health Section)

### ◆ In case of suffering the influenza-like symptoms like fever . . . .

System for medical Institutions concerning New Influenza has been changed. It becomes possible for patients to receive a medical care from their family doctors. Before you present to the medical institutions, please phone call for proper instructions first and don't forget to wear a mask.

How to receive a medical care in Japan:

- ① General patients: please phone call medical institutions or your family doctors first. Then, follow the instruction given and wear a mask for the visit.  
(In some cases, patients of pediatrics may not require advance phone call. Please confirm beforehand.)
- ② Patients like chronic invalids will suffer complicated symptoms due to the infection. Please contact your family doctor for proper instructions.
- ③ Pregnant women: please contact your obstetricians for proper instruction. If necessary, a medical institution will be advised.

## ◆ How to Prevent the New Influenza...

1. Wash hands and rinse mouth often and thoroughly;
2. when coughing and sneezing, cover the mouth and nose with tissues;
3. rest and take balance of nutrition, keep a healthy condition.  
Especially infants, elderly and diabetics who will suffer complicated symptoms due to the infection.



Presented by Musashino Citizens Safety and Crisis Management Headquarter