

【If a family member feels unwell】

Please call your family doctor or the “Fever Consultation Center” for a consultation. If advised to be examined by a medical professional, please wear a mask when traveling to the medical center. Try your best to use a private car instead of public transportation (train, bus, taxi, etc).

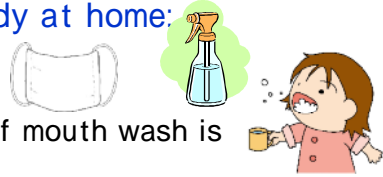


Fever Consultation Center

Name	Telephone Number	Fax Number
Eastern Region Office, Bureau of Social Welfare and Public Health (Tottori Healthcare Center)	0857-22-5100	Tottori Prefecture Health Policy Division 0857-26-8143 (People with hearing disabilities who would like a consultation can contact us by fax)
Central Region Office, Bureau of Social Welfare and Public Health (Kurayoshi Healthcare Center)	0858-22-7006	
Western Region Office, Bureau of Social Welfare and Public Health (Yonago Healthcare Center)	0858-31-5800	

Please have the following items ready at home:

- *Masks - fushokufu (non-woven) type
- *Disinfectant
- *Mouth wash (use water or salt-water if mouth wash is not available)



Enter contact information for healthcare facilities

Name	Contact

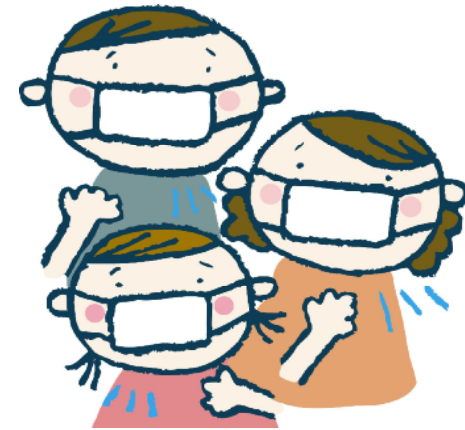
Record the patient’s temperature and physical condition

	Date	Date	Date	Date	Date	Date	Date
Temp.							
Cond.							

New Strain of Influenza

(A/H1N1)

~A Guide to At-Home Treatment~



Patients with light symptoms should recover at home

Among patients who test positive for the new strain of influenza, those with severe symptoms will be hospitalized. Those with light symptoms should recover at home after receiving proper medical treatment.

At-home treatment and recovery should continue for **7 days following the onset of symptoms, and for 2 days after the patient’s fever subsides.** Please follow the guidelines for at-home care on the following page.

Up-to-date information on the measures Tottori Prefecture is taking against the new strain of influenza is published online on the Tottori Prefecture website, Tori-net.

Address: <http://www.pref.tottori.lg.jp/influenza/>

Tottori Prefecture

★ 【Please take extra care of the patient and everyone in the family】

When treating a patient at home, it is important to monitor their physical condition and to make sure the infection doesn't spread within the family. Please be aware of the following points!

~* To the Patient *~

Take your **temperature** every day.
Take your **medicine** according to the prescription.
Recuperate in a **private room**, refrain from going outside, and limit physical contact with your family.
Wear a **mask**. (even when you are home, you should wear a mask for 7 days from the start of symptoms, and for 2 days after your fever has come down.)
If you are not wearing a mask, follow "**coughing etiquette**" when you cough or sneeze.

【Coughing Etiquette】

- * When you cough or sneeze, stand at least 1 meter away from others and avert your face.
- * If you do not have a mask, cover your mouth and nose with a handkerchief or tissue to prevent the spread of germs.
- * Dispose of used tissues in a trash can with a lid or a plastic bag, and wash your hands thoroughly.

Take extra care to thoroughly **wash and disinfect your hands**.
Ventilate your room regularly.
To prevent the further spread of infection, **be sure to contact your school · workplace**. Contact other people you have had close contact with and urge them to seek medical attention and avoid unnecessary outings.

~* To Family Members *~

Caring for the Patient

Pay close attention to the patient's temperature and any changes in their physical condition. Keep your doctor's contact information with you at all times in case the patient's condition worsens and you need to call for a consultation.
Choose food and drinks that are easy to digest and high in nutrition.

Maintaining the Health of Family Members

Family members should also take their temperature every day.
Choose one person to care for the patient, and do not allow anyone else to enter the patient's room.
The caretaker should also wear a mask, wash their hands, and gargle regularly.
Disinfect doorknobs, light switches, and other items that are touched often.
Make sure the room is ventilated periodically and has a proper level of humidity.
You may wash the patient's used dishes and clothing as usual, but avoid sharing towels or dishware with the patient.



Disinfect doorknobs, light switches, and other frequently touched items.

【Disinfection】

Clean any surfaces that have been touched by nose or mouth secretions, vomit, or stool with a disinfectant or household cleaner, then wipe with a damp cloth.

Examples of Disinfectants

- Disinfectant ethanol (70% alcohol)
 - Sodium hypochlorite (over-the-counter chlorine-based solvents, etc.)
- (Please read the mixing instructions carefully.)

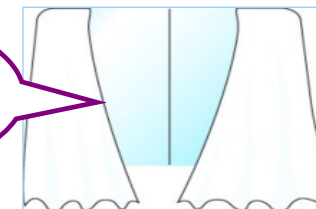
Caregivers should also wear a **mask**.



【Keep Contact Information Handy】

Pay close attention to the patient's temperature and any changes in their physical condition. Keep your doctor's contact information with you at all times in case the patient's condition worsens and you need to call for a consultation.

Periodic **ventilation** is effective in preventing the spread of infection. (multiple times every hour)



Caregivers should **wash their hands** after seeing the patient. Afterwards, use a disinfectant for maximum effectiveness.

Viruses love dry air. Maintain a **proper level of humidity** (about 60%).

【Food and Drink】

- Choose food and drinks that are easy to digest and high in nutrition.
- Drink plenty of water.
- It is convenient to keep a straw by the bedside.

[Helpful Items] Boilable, pouched foods; canned fruits; sports drinks; etc.

