

Notice from Tottori Prefecture Regarding the New Strain of Influenza (A/H1N1)

~Transitioning to a Focus on Stopping Large-scale Infection from August 6~

At present, the new strain of influenza (A/H1N1) has been designated a worldwide pandemic. Most cases have not been severe-- many patients have been able to recover through home treatment, as in the case of the seasonal flu. However, even now, the virus is continuing to spread.

As a result, measures to halt the spread of influenza through quarantine are no longer the most effective steps. The Prefecture is shifting its efforts from blocking infection on a case-by-case basis to strategies for early detection and prevention of large-scale group infections, which are seen as the triggers of an epidemic. In addition, the Prefecture will also be strengthening its focus on individuals who are vulnerable to becoming severely ill as a result of infection.

【A New Framework for Stopping Large-scale Infection】

Tottori Prefecture plans to approach the new strain of influenza in this manner:

- ① As a general rule, medical institutions will regard patients strongly suspected of having contracted the new strain of influenza as such, and they will be directed to self-treat in their homes.
- ② We are requesting that individuals diagnosed with Type A/H1N1 influenza notify their family, co-workers, and others close by and ask that these people, too, observe changes in their health and refrain from leaving their homes unless necessary.
- ③ Schools, welfare facilities, and establishments with over 10 people are asked to consult the Division of Health and Welfare for further prevention measures to take in the event that multiple infections occur on the premises.
- ④ We are asking that employers, event organizers, hotels, and other facilities that attract guests pay increased attention to preventing large-scale group infection.
- ⑤ Through various means, such as training workshops and newsletters, we are spreading information and raising awareness about influenza prevention methods.
- ⑥ We are asking individuals who are pregnant or have pre-existing conditions to be particularly cautious, as it is possible that an infection could lead to a more severe illness.
- ⑦ We are strengthening our cooperative efforts with neighboring prefectures to prevent region-wide spread.



All citizens are asked to maintain calm behavior based on factual information, while practicing thorough flu prevention precautions such as wearing masks, washing hands, covering coughs and sneezes, etc. Appropriate treatment (generally the same as treatment for a seasonal flu) will continue to be administered in an accessible manner.

In addition, to accompany the shift to a new framework, gene tests will now be implemented only in the case of a suspected group infection or upon hospitalization of a seriously ill patient.

【Before Visiting a Healthcare Facility】

If an individual infected with the new strain of influenza goes to a healthcare facility unannounced, other people in public areas like the reception room may also become infected. If you are experiencing symptoms such as fever, difficulty breathing (cough, sore throat, runny nose, etc.), **please consult your primary care physician or a fever consultation center by phone**



(Please also see reverse.)

before your visit. They can recommend healthcare facilities that will be able to determine if you have been infected with the new strain of influenza.

For patients who are pregnant or have underlying medical conditions, please make sure to contact your primary care physician and determine the best method of consultation before you visit a clinic or hospital.

(Reference) Cooperating Medical Institutions of Tottori Prefecture

<http://www.pref.tottori.lg.jp/dd.aspx?menuid=102717>

We ask for your cooperation to help curtail the spread of influenza in our region.

(1) Please pay attention to these points when visiting a doctor

- Call the medical clinic you intend to visit beforehand.
- Wear a mask during your visit.
- Try to avoid contact with other people.
- If you receive a prescription as a result of your visit, please be sure to call the pharmacy before picking up your prescription, and do not forget to wear a mask.

(2) If you are diagnosed with influenza

If you are diagnosed with the new strain of influenza, or a doctor determines that there is a high possibility that you have been infected, please ask the people that you associate with at home, school, work, etc. to pay attention to changes in their health and refrain from leaving home unless necessary. In addition, please inform responsible officials at school or work of your diagnosis.

(3) Taking thorough prevention measures

- Usual steps for flu prevention (masks, washing hands, rinsing mouth, covering coughs and sneezes, etc.) are effective.
- If you are experiencing symptoms such as coughing or sneezing, please take note of the coughing etiquette steps below.

On coughing etiquette . . .

- * Wear a mask whenever you are coughing or sneezing.
- * When you don't have a mask...
 - When sneezing or coughing, cover your mouth and nose with a handkerchief or tissue. Move 1-2 meters away from any people you may be near, and turn your face away.
 - Dispose of used tissues immediately in a trash can with a lid.
 - If you do not have any tissues, cover your mouth with the front of your forearm (or sleeve cuff) to keep the germs from spraying. Wash your hands and arm thoroughly afterwards.



(4) Please contact us if you have any questions.**① Service Available in English**

Support will be provided in English to facilitate communication with the specialized services below.

Contact Name	Phone Number	Notes	Service Hours
Tottori Prefectural International Exchange Foundation	0857-31-5953	English consultation will be handled by the TPIEF via three-way call between a Japanese health official and the caller.	Weekdays from 9:00am – 5:00pm.
Tottori Prefectural Government Domestic and International Affairs Division	0857-24-5459	Messages will be forwarded to one of the Public Health Centers below and calls will be returned.	

② General Fever Consultation Centers (Service in Japanese only)

Contact Name	Phone Number	Fax Number
Eastern Region Office, Bureau of Social Welfare and Public Health (Tottori Healthcare Center)	0857-22-5100	0857-26-8143 (Tottori Prefecture Health Policy Division)
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)	0859-31-5800	

* People with hearing disabilities may consult by fax if they wish to do so (Japanese only).

The Tottori Prefecture Webpage “Torinet” is updated with the latest information.

Torinet 「Information Regarding the New Strain of Influenza」
URL: <http://www.pref.tottori.lg.jp/influenza/>

Tottori Prefecture