

## ◆ Please be careful for Outbreak of Influenza インフルエンザにご注意！！ ◆

In an environment where hygiene control is insufficient after suffering flooding, outbreak of contagious diseases are likely to happen. Especially in an environment of evacuation shelter, an outbreak of contagious disease, like influenza, is our concern. Therefore, please be careful and attention to preventive measures. 水害後の衛生管理が不十分な環境では、感染症にかかりやすくなります。また、避難所など集団で過ごす場合は集団発生が起きやすくなりますので、ご注意ください。

## Symptoms of Influenza インフルエンザの症状…

Surge of sudden high fever and it continues by 3 to 4 days. 突然高熱が出て、3～4日間続きます。

Respiratory symptoms (sore throat, nasal secretion, coughing) accompanied with whole body symptoms (tiredness and fatigue, pain in the joints and muscles, headaches). It heals normally in one week. 全身症状（全身倦怠感、関節痛、筋肉痛、頭痛）を伴う呼吸器症状（咽頭痛、鼻汁、咳嗽）がみられます。約1週間で軽快します。

## Prevention measures for Influenza インフルエンザの予防方法…

## • To wash your hands 手洗い

When you get home and before meals wash your hands. 帰宅時や食事の前などに十分に手を洗いましょう。

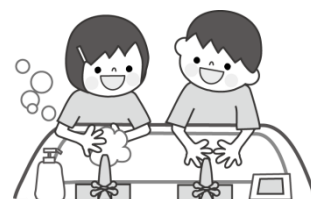
## • Be careful when coughing and sneezing 咳エチケット

At the time you cough or sneeze, cover your mouth and nose with a "tissue" or other, turning your face to the side where there are no people and away from at least 1 meter from the people around. Please use a mask. 咳やくしゃみをする時は、鼻や口をおさえましょう。マスクをしましょう。



## If you have infected by Influenza インフルエンザにかかってしまったら…

- If you have any of symptoms, consult a doctor as soon as possible. 早めに医師の診察を受けましょう。
- You must stay (home) resting. Especially it is important to have enough sleep. 安静にして、休養をとりましょう。特に、睡眠を十分にとることが大切です。
- Take water several times. You can take anything like, tea, soup, etc. 水分を十分に補給しましょう。お茶やスープなど飲みたいもので結構です。
- In generally speaking, within 3 to 7 days from contracted influenza, the patient is emitting the viruses, therefore, please avoid go out (home). 一般的に、インフルエンザを発症してから3～7日間はウイルスを排出すると言われていいますので、その間は外出を控えましょう。
- When you are in an evacuation place, inform the administrative person, and ask, if necessary, to move a separated place. 避難所等では、施設の担当者に申し出て、別室に移動するなど対応を検討してもらいましょう。



◆ Please be careful **Outbreak of Gastroenteritis by Norovirus** 感染性胃腸炎にご注意！！ ◆

In an environment where hygiene control is insufficient after suffering flooding, outbreak of contagious diseases are likely to happen. Especially in an environment of evacuation shelter, an outbreak of contagious disease, like gastroenteritis by Norovirus, is our concern. Therefore, please be careful and attention to preventive measures.

水害後の衛生管理が不十分な環境では、感染症にかかりやすくなります。ノロウイルス、ロタウイルスなどを原因とする感染性胃腸炎にご注意ください

<<Symptoms 症状>>

Principal symptoms are nausea, vomit, diarrhea, abdominal pains and slight fever. These symptoms continue by 1 to 2 days, and then heal. 主な症状は、吐き気、嘔吐、下痢、腹痛で、発熱は軽度です。これらの症状が1~2日続いた後、治ります。

<<Prevention measures 予防方法>>

• **To wash your hands by soap** 石けんで手をよく洗う

When you get home, before cooking, before meal, after toilet, you should **wash firmly with flowing water and soap**. Sterilization by alcohol is not enough. 外出後、調理前、食事前、トイレ後には、必ず石けんでしっかり手を洗いましょう。アルコール消毒だけでは効果はありません。

• **Do not touch directly the things spewed and faeces** 患者の糞便や嘔吐物には直接触らない

Innumerable Noroviruses are still excreted in the things spewed and faeces of the patient. Therefore, please use disposable globes, masks and aprons to clean up of dirty things and places. 患者の糞便や嘔吐物には大量のウイルスが含まれています。使い捨ての手袋やマスクを着用して処理しましょう。

• **Sterilization of the contaminated places, clothes, etc.** 汚染された場所や衣類などを消毒する

Sterilization by boiled water or steam: More than 85 °C, by more than 1 minute. 熱湯あるいは蒸気消毒・・・85°C以上で1分以上

Disinfectant chlorine-based liquid (“Jiaensosan Natriumu” Sodium Hypochlorite): Diluted with water to which 0.02% (200ppm) to 0.1% (1000ppm), apply by more than 10 minutes. 塩素系消毒剤(次亜塩素酸ナトリウム)・・・0.02%~0.1%で約10分

※Never use disinfectant of “Jiaensosan Natriumu” for sterilization of fingers, hands and body. 手指など体の消毒には、絶対に塩素系消毒剤を使わないでください。

• **Foods shall be sterilized firmly by heating** 食品はしっかり加熱する

Sterilization of foods by heating shall be firmly done, by temperature of 85 to 90 °C in the center of the food, for more than 90 seconds. 食品の中心温度が85~95°Cで90秒以上の過熱を徹底しましょう。

