

## Prevention of Influenza インフルエンザの予防

1. **When you get home and before meal, get used to wash hands and gargle!** 外出後や食事の前に、手洗い、うがいをしましょう。

Wash your hands with soap and water for at least 15 seconds, including the fingers, nails and wrists. Make also gargle with water or warm water for 15 seconds.

2. **In a place of large concentration of people, use mask!** 人混みでは、マスクを着用しましょう。

Please get used to wearing the mask in those places. The mask surface, could be glued viruses, avoid touching the surface.

3. **Change the room air periodically!** 定期的に換気をしましょう。

In order to avoid the proliferation of viruses, opens windows periodically.

4. **Strengthen body resistance by proper nutrition and enough sleep!** 栄養と休養を取りましょう。

At the site of evacuation, tiredness can be accumulated by changing environment and stress. So try to get adequate sleep and sufficient nutrition, to avoid falling body resistance.

5. **Take preventive vaccine!** 予防接種を受けましょう。

Especially children and the elderly are suggested to consult your doctor and get the vaccine.

6. **Be careful when coughing or sneezing! (to prevent infection)** 咳エチケットを守りましょう。

At the time you cough or sneeze, cover your mouth and nose with a tissue "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.