

★Precautions to Guard against Infection★

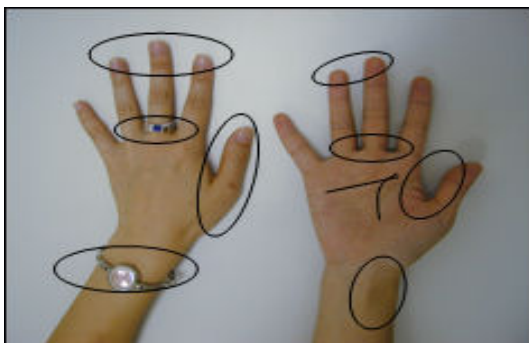
- **Wash your hands thoroughly.**

This is effective against the common cold as well as the flu. Try to get into the habit of washing your hands and gargling after being out in public. Also, if you coughed or sneezed into your hands, wash them immediately.

- **Wear a mask if you exhibit such symptoms as coughing or sneezing.**

Either wear a mask or cover your mouth and nose with a tissue when you cough or sneeze. Observe proper etiquette to ensure that droplets do not land on other people.

Hand Washing: Preparation and Procedures



Hand-Washing Preparation

- ◆ Are your fingernails cut short? ◆ Have you removed your watch and rings?

Take Particular Care to Wash Areas That Are Difficult to Clean.

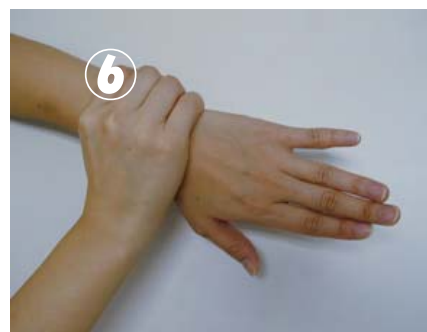
- ◆ Fingertips
- ◆ Between fingers
- ◆ All areas of the thumb
- ◆ Wrists
- ◆ Creases in your hands



① Lather up with soap and scrub your palms well.

② Keep your fingers straight while scrubbing. Be sure to wash the back of your hands.

③ Carefully scrub your fingertips and nails.



④ Wash between your fingers.

⑤ Wash your thumbs by gripping it with your other hand and twisting it around the thumb.

⑥ Do not forget to wash your wrists.

Rinse off the soap and dry your hands with a clean towel.

- If you have symptoms of suspected novel Influenza A (H1N1) such as sudden fever, coughing, and sore throat, you may consult your personal physician. For individuals who do not have a personal physician or do not know which medical institution to consult, or for inquiries by individuals who are recovering at home, please take the Consultation Services for Influenza A (H1N1) as follows.

Consultation Services for Influenza A (H1N1) are provided at public health centers in Tokyo and the Tokyo Metropolitan Government

1. For consultation in Chinese, English, Korean, Spanish, and Thai, please call:
Tokyo Metropolitan Health and Medical Information Center
<http://www.himawari.metro.tokyo.jp/gg/gg13enmnl.asp>
Phone 03-5285-8181
Service hours: 9 a.m. to 8 p.m. (open weekdays, weekends, and holidays)

* If necessary, the center staff will contact the above Consultation Services for Influenza A (H1N1) on your behalf.

2. Service hours: 9 a.m. to 5 p.m. weekdays
Bunkyo Health Center
Phone: 03-5803-1836 · 1834 (in Japanese only)

3. After hours: 5 p.m. to 9 a.m. weekdays
Weekends and holidays (24-hour system)
Phone: 03-5320-4509 (in Japanese only)