

# Influenza

## •••Guide to Home Care•••

### ○ Are the symptoms of H1N1 Influenza severe?

- ⇒ No. Symptoms are light in most cases of H1N1 Flu, and cases that require hospitalization are extremely rare.
- ⇒ In the case of not only H1N1 Flu but also standard yearly outbreaks of seasonal influenza, individuals with the highest risk of severe symptoms upon infection are those with chronic respiratory illnesses including asthma or an underlying medical condition such as chronic heart disease, the elderly, young children, and pregnant women. However, most healthy individuals should recover naturally in about a week.
- ⇒ For this reason, individuals diagnosed with H1N1 Flu should remain calm and use this guide to recover fully at home.



**Patients with light symptoms should treat themselves at home.**



- ★ In the event of an H1N1 Flu infection, patients with severe symptoms or in danger of developing such symptoms should be hospitalized, but individuals with light symptoms should recover at home after receiving proper medical treatment.
- ★ Please be aware of the following information **for 7 days after developing symptoms such as a fever or until 2 days after the fever subsides.**



## Essential Information for Patients and their Families

- Patients with a risk of developing severe symptoms, including individuals with underlying medical condition and pregnant women, should be hospitalized if necessary.
- The most important aspects of home care for influenza are to monitor the patient's health and prevent further infection within the family. The entire family's cooperation is needed.

### 【For the Patient】

- ① Take your **temperature** every day.
- ② Even if symptoms end, **continue to take prescribed medicine as instructed.**
- ③ Avoid going outside and get as much rest as possible in a **private room.**
- ④ **Stay hydrated** by frequently consuming liquids including tea, sports drinks, and soup.
- ⑤ Eat nutritionally balanced food, rest well, and get plenty of sleep.
- ⑥ Follow proper manners for coughing and sneezing.



### 「Manners for Coughing and Sneezing」

- Wear a mask if you cough frequently.
- If you do not have a mask, cover your mouth or nose with a tissue (or a sleeve if necessary).
- Immediately **throw away** used tissues.
- When coughing or sneezing, **face away** from anyone nearby (stay 1 meter away if possible).





## 【For Families】

### Caring for the Patient

- ① Pay attention to the patient's temperature and **any changes in medical condition**. If the patient's physical condition becomes worse, immediately consult with the medical institution where the patient was diagnosed. (Write down contact information.)
- ② Choose foods and drinks that are easily digestible and nutritionally balanced.

### Family Health Management

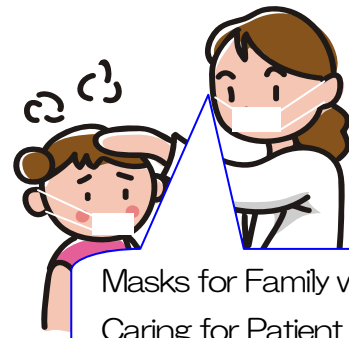
- ① Family members should also **take their temperature every day**.
- ② **Always wash hands** thoroughly after caring for the patient.
- ③ If possible, generally stay in a **separate room** from the patient.
- ④ Make an effort to keep rooms **well ventilated** and **maintain proper humidity**.
- ⑤ **Wear a mask** when interacting with the patient.
- ⑥ Clothes, eating utensils, and dishes used by the patient **can be disinfected through normal procedures for washing and drying**, but avoid sharing things like towels and dishes.

Drink by Bed

Proper Ventilation

Maintain Proper Humidity with Moisturizer and Damp Towels

Throw Away Used Tissues



Masks for Family when Caring for Patient

Wash Hands after Caring for Patient

Write down contact info to consult with a hospital if necessary.



## Consult with a Doctor in the Following Cases

- The following cases require special attention. In these circumstances, please consult again with the medical institution here the patient was initially diagnosed.
  - If fever persists for 4 days or longer and there is no sign of recovery.
  - If coughing or phlegm become too severe, causing chest pains or difficulty breathing.
  - If the patient cannot consume liquids, and there are signs of dehydration such as dizziness when standing.
  - If breathing because becomes shallow or rapid, or if the patient experiences loss of appetite.
- Consult with a medical institution if the patient recovers but later symptoms such as increased coughing and phlegm or fever return.

Note: Also pay attention to the following symptoms, especially in young children.

- Impaired Awareness (in a dose with dull reactions, constantly asleep)
- Seizures, strange movements, and strange speech (suddenly becoming angry, crying, running around, expressing feelings of terror, etc.)

### **[Fever Advice Centers] Weekdays 9:00am - 5:00pm**

- ◇Murayama Health Center (Yamagata City) Phone: 023-627-1127 Fax: 023-622-0191
- ◇Mogami Health Center (Shinjo City) Phone: 0233-29-1268 Fax: 0233-22-1311
- ◇Okitama Health Center (Yonezawa City) Phone: 0238-22-3002 Fax: 0238-22-3850
- ◇Shonai Health Center (Mikawa Town) Phone: 0235-66-4920 Fax: 0235-66-4935

### **[Consultation Center] Weekdays 9:00am - 5:00pm**

Yamagata Prefecture Public Health and Pharmaceutical Affairs Division

Phone: 023-630-2315 Fax: 023-632-8176

※ The following consultation service for international residents administered by the Association for International Relations Yamagata (AIRY) can introduce you to a fever advice center and also provide advise and counseling in a variety of languages

### **[Counseling for International Residents] Phone: 023-646-8861 Fax: 023-646-8860**

English	Tue - Sat	10:00 - 17:00
Chinese	Tue & Fri	10:00 - 14:00
Korean	Thu & Sat	10:00 - 14:00
Portuguese	Wed & Fri	10:00 - 14:00

★ Write the contact information of relevant medical facilities below.

Medical Facility	Phone Number

Information concerning H1N1 Flu is also posted on the Yamagata Prefecture web site (<http://www.pref.yamagata.jp>).