

August 19, 2009

H1N1 Influenza is continuing to spread. Please be sure you take all necessary precautions to prevent infection.

The spread of H1N1 in Japan has increased rapidly since mid-July, and cases have been unusually high for summer. A case of H1N1 influenza has also been confirmed at Hiroshima University this month, and we are currently undertaking measures to prevent the spread to university members and students.

We ask that all university students and staff please take the following precautionary measures and remember to wash your hands and gargle frequently.

- (1) Avoid going outside unless necessary.
- (2) Wash your hands and gargle frequently; wear a mask if you have cold symptoms.
- (3) Get plenty of sleep and eat a balanced diet.
- (4) If you develop cold symptoms such as fever, cough, runny nose, sore throat, etc, stay clam and call your nearest medical institution for an exam. If you are unsure where to get an exam, call the Fever Hotline.

For information about the latest policies on H1N1, please check the HU homepage, Momiji, and Iroha.