

Notice About H1N1 Influenza (9/2)

H1N1 Influenza patients are increasing, even at Hiroshima University. Cases of group infections, which can occur particularly at club or sports events, are also on the rise. Cases are expected to continue to increase, so we ask that all students and staff be especially careful.

Characteristics of H1N1 Influenza:

- Symptoms include sudden high fever, cough, sneezing/runny nose, sore throat, diarrhea, etc
- It is highly infectious, and it is easily spread in groups
- While many do not become seriously ill, those with underlying medical conditions or pregnant women may potentially become seriously ill if infected
- The incubation period is from 3-7 days
 - Infection can come from (1) airborne sources such as coughs or sneezes (thus we advise you to wear a mask and cover your mouth and nose when coughing/sneezing), or from (2) germs present on the hands of someone who has coughed or sneezed (thus we encourage you to wash your hands frequently)

Precautionary Measures

① (Infection Prevention)

- Frequent hand washing (use soap and scrub for at least 15 seconds) and promoting the use of masks

② (In Case of Infection)

- Should you present symptoms of H1N1 influenza (listed above), please call your nearest medical institution for an examination immediately. We ask that you avoid going to hospitals where there are large numbers of severely ill patients such as the HU Hospital.
- If you are unsure of where to call, [please call the Fever Hotline \(6 a.m. to 11 p.m. everyday\)](#).
[Hiroshima Prefecture Health Policy Dept.: 082-228-2154, fax: 082-228-5256](#)
[Hiroshima City: Hiroshima City Health & Medical Dept.: 082-504-2622, fax: 082-504-2258](#)
[Higashi-Hiroshima City: West Hiroshima Prefecture East Health Office: 082-424-4199](#)

③ (If Diagnosed with H1N1)

- **Do not go to school or work. Stay home and focus on getting well.**
- **Inform your faculty/graduate school/department and the Health Service Center (082-424-6192) VIA TELEPHONE of your diagnosis.**
- Be sure to contact any your professors for lab work/experiments or intensive courses about your diagnosis so they will know about your absence.

④ (Preventing the Spread of Infection)

- After recovering, please consult with the Health Service Center about going back to school/work
- Be sure to cover your nose and mouth when coughing, and if your cough is persistent, wear a mask
- The Health Service Center will handle infected patients as well as those who have had contact with patients

⑤ (Contact Information)

Risk Management Policy Committee (Financial and General Affairs Group, Senior Manager

of Risk Management):082-424-6012

Health Service Center: 082-424-6192

The Infection Management Center, HU Hospital: 082-257-5373

※For details, please see the 9/2/09 version of the “Swine Flu Information and Countermeasures” file on the homepage (edited version of the notice put out on 8/5/09).

※Please continue to check information on the homepage, Momiji, and Iroha for any updates such as school closures.