



Take Care of Influenza A (H1N1) !!

What is influenza A (H1N1)?

Many people around the world do not have resistance (immunity) to the new influenza that emerged in Mexico, therefore infection has spread widely in the blink of an eye. In your university life, you come into contact with many people in class or club activities. It is important for you to be careful not to bring the virus on campus or spread it around in order to avoid a rapid increase in the number of infected people.

If you think you might have caught the influenza...

Please get appropriate treatment and stay at home until two days after your fever has gone.

Firstly, make a call your primary care doctor or a nearby healthcare facility for a consultation.

Follow the directions you received on the telephone and please wear a face mask when you go to see the doctor.

If you need information relating a primary care doctor please call one of the following.

(On weekdays from 8:30am to 6:00pm) Information counters

Gifu Prefecture : 058-272-8860, Gifu City: 058-252-7191

(On Saturdays, Sundays and holidays, and on weekdays at times other than the above)

Local Information Center <http://www.gic.or.jp/english/e-influenza1.html>



If you feel your symptoms have gotten worse...

Most people recover within a week as long as they take their medicine and get bed rest at home. However, it is known that in rare cases the patient will get seriously ill with influenza pneumonia. If symptoms such as persistent coughing, phlegm in the throat, or difficulty breathing get worse rapidly, contact a hospital with an inpatient facility. It is also a good idea to look up the telephone numbers of taxi services beforehand.

Telephone numbers of hospitals near Gifu University

Gifu University Hospital: 058-230-6000

Hirano General Hospital: 058-239-2325

Gifu Red Cross Hospital: 058-231-2266

Gifu Municipal Hospital: 058-251-1101

If you have chronic disease such as diabetes, asthma, kidney disease...

If you have chronic disease, carefully control your chronic illness so as not to lower your resistance to the influenza and consult carefully with your doctor. Be careful to wear a face mask, gargle, and wash your hands to prevent the spread of the infection as much as possible. Please also consult with your doctor regarding vaccination.



If you are pregnant women...

Anti-influenza medicines are prescribed also to pregnant women in departments of internal medicine, don't hesitate to consult a clinics of internal medicine regarding influenza infection.

Please check your web mail and website of Gifu University frequently !!

Important information will be provide through Gifu University Web mail and HP.

<http://www.gifu-u.ac.jp/>