



Prevention of Influenza

Patients affected with the influenza virus experience a sudden increase in body temperature, headache, muscle pain, joint pain, and occasional fetal complications. We can prevent the infection of this influenza virus through certain measures.

★Every individual should receive the influenza vaccine.

A vaccination is the most effective precautionary measure

★When returning home, individuals should wash their hands and gargle well.

Because the virus propagates on the mucous membranes of the throat and nose.

★Room should be well ventilated and adequately humidified.

These measures will counter the proliferation of this virus that grows well in dry conditions.

★Individuals should avoid entering a crowded area.

This reduces the probability of infection by the virus.

★One should rest well and eat healthy.

Because fatigue weakens the immune system, which may then be unable to defend the body against the virus.



Influenza Vaccination

The recommended period for vaccination is between October and November. A protective effect is conferred within 2 weeks of the vaccination, and persist for approximately 5 months.

A single vaccination is sufficient to have the desired effect. However, a double dose enhances this protective effect. The cost of vaccination, which depends on the hospital, ranges from 2000 to 3000 yen.

Students involved in off campus activities, such as teaching in schools or bedside teaching, primarily required vaccination.

If an individual experiences symptoms, such as high fever or cough, a prompt visit to the hospital is essential.

Influenza check-up in clinics

Medical professionals insert a cotton swab into the nose and throat, which is wiped on the mucous membrane, this is used to determine the presence of the influenza virus.

Treatment

Anti-influenza medication is effective in preventing the worsening of symptoms. It is important to take the medication within 48 hours after the onset of symptoms. The instructions of the doctor should be followed. An adequate intake of water and rest is mandatory.

Etiquette for an individual with influenza

The influenza-affected individual should wear a mask to prevent transmitting the virus to person. This individual should avoid leaving the house, even after a decrease in the fever, to contain the spread of the virus. Students can visit the university two days after the decrease of the fever. Students with influenza should inform the students affairs to take care of your study.