



There has been an outbreak of influenza on campus.



What is the difference between common cold and influenza?

	Common cold	Influenza
Symptoms	Localized symptoms such as runny nose or sore throat	Fever with temperature of 38°C or higher, cough, sore throat, and general symptoms including fatigue and whole body muscle pain
Prevalence	You can catch a cold at any time of the year	The number of influenza cases peak in January and February with sporadic occurrences until April and May

What can I do to prevent catching influenza?

- **Influenza can spread through both droplet transmission and direct contact; therefore, preventing the spread of infection is important.**
 - If you had been outdoors, wash your hands and gargle after return.
 - The use of hand sanitizers is very effective when hand washing is not available.
 - During peak seasons for infection, try to avoid mingling in crowds of people.
 - Ensure that indoor areas are properly ventilated and humidified. A dry environment can accelerate the increasing number of the influenza virus.
- **Receive influenza vaccination.**

The effectiveness of vaccination for influenza may be expected from approximately two weeks to five months after inoculation. Please get vaccinated as soon as possible.
- **Maintaining your health is also important. Make sure you eat good valance food and sleep well.**



What should I do if I think I have influenza?

If you have fever which quickly rises to 38°C or higher, cough, a sore throat, and fatigue, you are suspected to have been infected with the influenza virus. If these symptoms appear, visit your home doctor or clinic as soon as possible.

What should I be careful of if I have influenza?

- Use a mask to covering your mouth and nose to prevent the spreading the virus to those around you. Face away from others and cover your mouth and nose with a tissue or handkerchief when coughing or sneezing.

**If you are exhibiting symptoms of influenza, please do not attend or commute to school until five days after the onset of symptoms and two days after the fever subsides.
(According to the School Health and Safety Act)**



To students:

Please notify the academic affairs of your department **by phone** if you have or have been diagnosed as having the influenza infection. Students who are absent because of illness from such an infection will not be penalized. Please seek medical treatment promptly.

To faculty and staff members:

The head of each department's academic affairs office or general affairs office should submit a "Notice of Infection Report" to the health administration center to track actual and potential influenza cases. Please make sure that students reporting symptoms of influenza do not attend classes.

Faculty and staff members should report to the personal office, if you have been diagnosed as influenza. Needless to say, Faculty and staff members who work in the university hospital should report to the infection control section in accordance with the hospital infection control manual.