Health Administration Center News

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Let's prevent Influenza!

Don't catch! Don't infect!

Influenza virus infection cause **a sudden fever up, sore throat, headache, muscle pain, joint pain**, and occasional fetal complications. When you have these symptoms, visit a medical institute as soon as possible.
Influenza epidemic season is from December to March every year in Japan. We should take care of preventing infection.

The difference between common cold & Influenza

	Common cold	Influenza
Symptoms	Localized symptoms such as nasal discharge and sore throat	Fever with temperature of 38°C or higher, cough, sore throat, and general symptoms including fatigue and muscle pain
Prevalence	At any time of the year	The number of influenza cases peak in January and February, sporadic occurrences until April and May.

Five ways to prevent Influenza

Influenza Vaccination

Washing Hands Gargling throat

Wearing a mask Cough etiquette

Proper room humidity

Adequate rest Balanced nutrition

★Health Administration Center provides information where you can take an influenza vaccination Gifu University★