



Influenza starts to spread in Gifu Prefecture



Prevent Infection

Influenza virus infection cause **a sudden fever up, sore throat, headache, muscle pain and joint pain**. Sometimes, occasional fetal complications may be caused. 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.



Difference between common cold and Influenza



Symptoms

Common cold

Localized symptoms such as nasal discharge and sore throat

Influenza

Fever with temperature of 38°C or higher, cough, sore throat, and general symptoms including fatigue and muscle pain

Prevalence

Through the year

The number of influenza cases peak in January and February, sporadic occurrences until April and May in Japan.

Five ways to prevent infection

Influenza Vaccination



Washing Hands Gargling throat



Wearing a mask Cough etiquette



Proper room humidity



Adequate and enough rest Balanced nutrition

