



Let's prevent influenza !



Influenza prevention

Influenza vaccination

The influenza vaccination is effective in the preventing for onset and aggravation.



Washing hands

Clean hands with soap and water.



Proper room humidity
Keep humidity with a humidifier.



Adequate rest and balanced nutrition
We can strengthen our immune systems by getting a good sleep and nutrition.



Refrain from crowded area
Use a mask when you go out.



<https://www.mhlw.go.jp/bunya/kenkou/kekaku-kansenshou01/qa.html>

Difference between common cold, influenza and COVID-19

	Common cold	Influenza	COVID-19
Infection power	Not so strong	Strong	Very strong
Route of infection	Droplet transmission or contact infection	Droplet or contact	Droplet or contact
How symptoms appear	Slow	Rapid	Slow, however, it may become severe pneumonia rapidly.
Symptoms	Sneeze, snot, stuffy nose, cough, sore throat, etc.	Joint pain, muscle pain, headache, chill, etc.	Fever, cough, headache, malaise, anorexia, loss of taste or/and smell, etc.

<https://brand.taisho.co.jp/pabron/kaze-yobou/kaze-tigai.html>