

Dear Residents,

Spring is coming soon! But it is still chilly enough to catch a cold or the terrible fever associated with influenza ("the flu"). I would like to give you a few tips of prevent catching influenza.

Influenza Prevention

1. **Please try to wear a mask when you go to a crowded place.**
 - Wearing a mask will protect you from other people's coughs and sneezes.
 - Also, people who are sick can prevent spreading infection by wearing a mask.
2. **Keep yourself clean by washing your hands and gargling.**
 - This prevents the flu virus from spreading into your body.
3. **Take enough nourishment and get plenty of rest.**
 - Always strengthen your body and immune system.
4. **Try to keep your room humid; a humidifier is a good tool.**
 - Virus loves low-humidity locations. Also, if the humidity is low, the mucous membranes in your throat will function less effectively.

If you think you may have the flu, please check for the following symptoms:

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| <ol style="list-style-type: none">1. chills, knee pain, muscular pain2. nasal mucous, cough (slight ones)3. high fever (more than 38.5° C/101.3° F) |
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* There is a difference in symptoms among individuals.

If you have all the symptoms written above, please let us know before you visit us:

If a doctor is suspicious about your symptoms, we may ask you to go to another hospital.

Health Consultation Room TEL 03-3404-5230 (9:00-17:00 on weekdays: Please contact the front desk except above period because the answer-phone is set.)

!! Caution!! Also, please let us know if...

1. You went outside the country within the past 2 weeks
2. You became sick after having contact with people who were outside the country.



Roppngi Hills Health Consultation Room
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