

Take more care for yourself during winter season

## Preventative measurements against Influenza



Influenza is an infectious disease which plunges you into a serious illness. It takes over all of your energy by high degree of fever, though we are more able to endure cold better. For preventing yourself from influenza, we highly recommend you to have vaccination against it.

### ● Main differences between Influenza and cold

Please pay your attention to below symptoms. Those for Influenza are much more troublesome.

#### Influenza

##### Symptom

- Over 38 degree of fever lasts for 1 - 3 days.
- Body pains including joint pain, muscular pain and headache get severe. Then, a sore throat and cough follows next.

#### COLD

##### Symptom

- Cough, throat pain and snivel are main features for cold. Fever is also lower than 38 degree in common.

### ● If you have a touch of Influenza, then...

**We strongly recommend you to see doctor as sooner as possible**

After realizing above symptoms, you need to see doctor immediately since it is priority to avoid aggravating your condition and to prevent others from further infection caused by you. In a majority of hospitals, quick diagnosis kit has been introduced in medical examination in order to identify your sickness. Approximately in 30 minutes, you can have a result.

### ● Taking a rest is one of the prime prevention measures

**Sufficient rest is essential to recover and prevent further spread of influenza virus.**

Here is a list of some effective ways to cope with Influenza.

- ① Don't forget to wear a mask which stops spreading the virus by cough and sneeze.
- ② Drink a lot of water. It prevents a drying of throat and avoids dehydration caused by fever.
- ③ To re-obtain physical strength, you need to take enough sleep, rest and nutritious food.
- ④ The Influenza virus is active under dry condition. That is, we should keep the humidity of room around 50-60% with humidifiers so as to prevent immunity of a mucous membrane from becoming weak.
- ⑤ Don't get hurry to return to work. Even if your temperature drops, it doesn't mean the virus gets out of your body. Let yourself free from work with extra holidays.

