

# Countermeasures for Influenza A (H1N1)

Several cases of Influenza A (H1N1) virus infection has been confirmed in Japan and there is a possibility the infection further spreads across the country. However, as each individual takes measures described below to prevent further infection of the virus, we can minimize or slow the spread of the viral infection.

## 1. What to Do When You Return from a Country Where Influenza A (H1N1) Infection Has Been Detected

Once you return from traveling to a country where the Influenza infection has been detected, you are required by Tohoku University to follow the directions below to monitor your health.

Stay home for 7 days after returning to Japan and monitor your health condition. You are prohibited to come to school during this period.

Monitor your health condition for 10 days after returning to Japan according to the health check sheet provided by Tohoku University Crisis Management Headquarters and submit it to the Headquarters.

## 2. What to Do If You Get Flu-Like Symptoms

If you experience flu-like symptoms, such as fever, cough, etc., after you have traveled a country where cases of Influenza A (H1N1) infection has been detected or made contacts with an individual who may be infected with the Influenza, please follow the directions below.

Call one of health centers below to seek advices **before you go to see the doctor.**

- Health Administration Center [TEL: 022-795-7829](tel:022-795-7829)
- Tohoku University Emergency Center [TEL: 022-717-7499](tel:022-717-7499)
- Aoba Ward Health Center [TEL: 022-225-7211](tel:022-225-7211)

Call the clinic/hospital and explain the symptoms before you visit there.

Make sure to wear a mask when you go to see the doctor.

## 3. What to Do If a Case of Influenza A (H1N1) Is Confirmed in Your Area

Once a case of the Influenza is confirmed in your area, please follow the directions below.

Pay attention to infection updates.

Avoid crowds.

Wear a mask.

Wash your hands well after coming back from outside.

Tohoku University provides updated information on and its countermeasures for Influenza (N1H1) infection on its related websites. Please visit the following addresses for further updates.

- Health Administration Center: <http://www.health.he.tohoku.ac.jp/>
- Office for Environment and Safety: <http://www.bureau.tohoku.ac.jp/anzen/index.html>