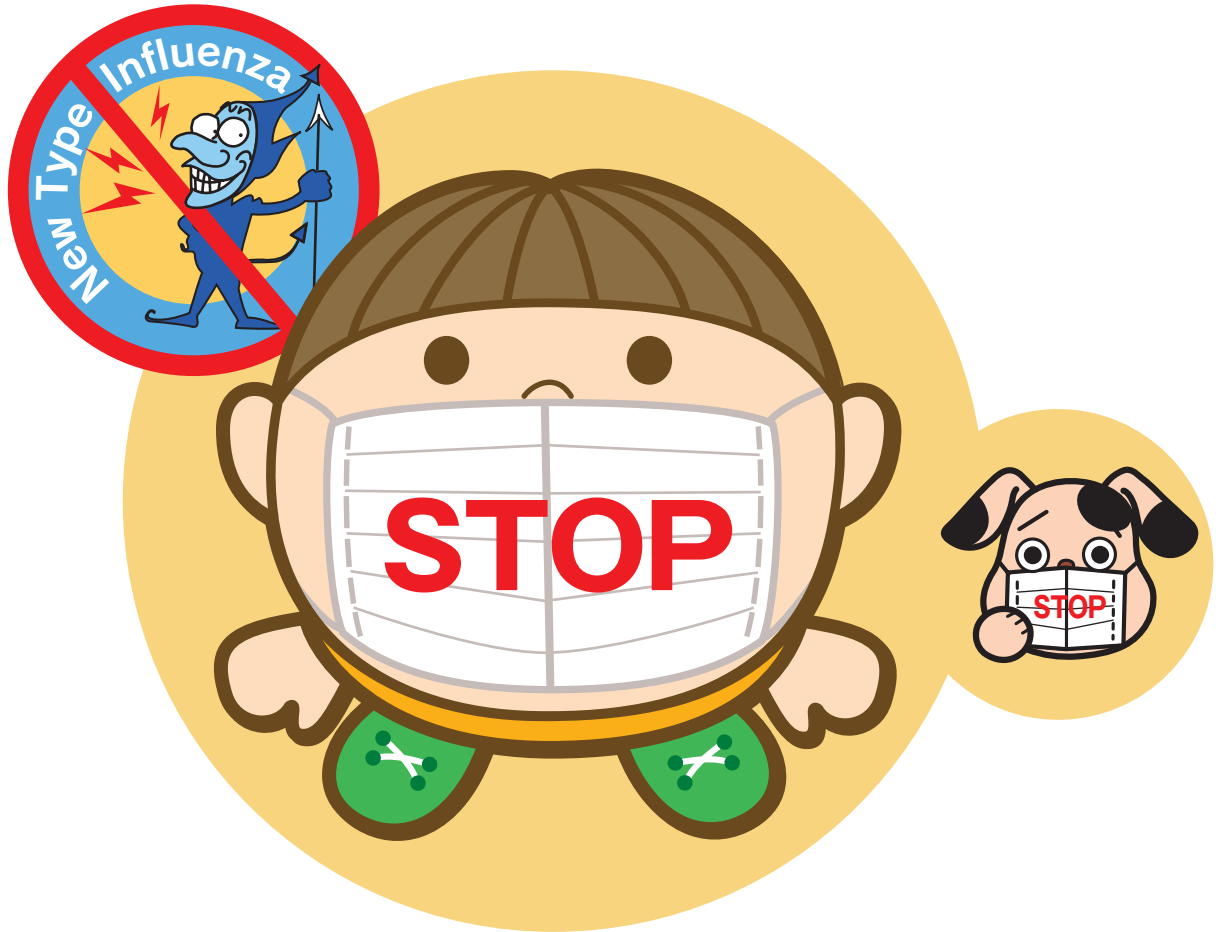


COUNTERMEASURES OF PANDEMIC (NEW TYPE) INFLUENZA

Have a correct knowledge of it and handle it without getting nervous!



Information On Pandemic Influenza

*City of Urayasu Homepage:

<http://www.city.urayasu.chiba.jp>

*Chiba Prefecture City of Ichikawa Health and Welfare Center Homepage:

<http://www.pref.chiba.lg.jp/hokenjo/ichikawa/index.html>

*Ministry of Health, Labor and Welfare:

<http://www.mhlw.go.jp/>



City of Urayasu Health Promotion Section (in Health Center)

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What is Pandemic(New Type) Influenza?

There is an increasing risk of emergence of a new type of pandemic influenza due to the potential ability of its viruses to transmit from animals, especially birds, to humans and transforming, to spread from humans to humans, causing worldwide outbreak. The occurrence of this pandemic influenza is unpredictable.

Predicted Symptoms of Pandemic Influenza

At present, the symptoms of this pandemic influenza is difficult to predict. It is believed to be the transformation of the Highly Pathogenic Avian Influenza, and the symptoms predicted are, such as, fever, coughs, and diarrhea. Severe patients may develop conjunctivitis, respiratory problems, or multiple organ failure.

Predicted Situation When Pandemic Influenza Outbreaks

At the time of the outbreak, it is estimated that 32 million persons (25% of the total population in Japan) will contract the influenza and that at the most, 25 millions will visit medical facilities. Based on the past data of Asian and Spanish influenzas, the estimation is that 530 thousand~2 million patients will be hospitalized and that 170 thousand~640 thousand deaths will occur. According to this data, the estimation of the City of Urayasu is that approximately 40 thousand persons will be infected with the virus.

Estimation:

	Nationwide	Urayasu City
Population	127 millions	160 thousands
Infected Patients	32 millions	40 thousands
Deaths	170~640 thousands	210~800 persons

*The above estimated number is without taking in account of the vaccination or anti-virus medication, nor the present sanitary situation.

Countermeasures Against Pandemic Influenza

Working in close cooperation with Chiba Prefecture and Ichikawa Health and Welfare Center, the City of Urayasu has established Urayasu City Headquarter for Pandemic Influenza Countermeasures, with the Mayor as the general manager and consisting experts of a medical association, a dentist association, a pharmacist association's chairperson, and each department's managing director of the city hospitals and clinics. According to the guidelines for Pandemic Influenza Action Plan, all the staff makes an effort for the citizens' safety and security.

Influenza virus is mainly emitted from an infected person by aerial infection (through coughs and sneezes, the accessibility is about 1~2 meters) and by contact infection.

***wash hands every time when returning from outside**
(wash wrists, palms, back of the hands, between the fingers thoroughly---soaps are known to destroy the viral protein)



***gargle every time when returning from outside**
***wear masks, less penetrable ones are desirable**
(such as pollen masks---gauze masks do not block coughs and sneezes much)
***refrain from going out as much as possible**

"Coughing Manners"



***wear masks properly (covering nose and mouth) when coughing or sneezing, and dispose of them after a single-use**
***cover the mouth and nose with tissue paper when coughing or sneezing, turning your face away and keeping a distance of at least 1 meter**



***after the utilization of a mask, do not touch its surface and wash your hands carefully**

When pandemic outbreaks, there will be:

*a wide human-to-human spread within a short span
*staff involved in medical facilities and life-lines will be infected, resulting in a decline of social efficiency
*a channel of distribution stops, resulting in hindrance with the smooth flow of the daily life



Preparations Before Pandemic Influenza Occurs

Pandemic Influenza is foretold to last about 2 months. It is extremely important to discuss about it with family members and to be prepared for it before the outbreak.

~Examples of Supplies to be Stocked~

- *thermometer (including spares)
- *masks
- *plastic bags (to seal in used tissue paper and masks)
- *disposable rubber gloves
- *disinfectant alcohol agents (hypochlorite acid is also effective)
- *water pillows and ice bags (to cool heads and armpits)
- *food (rice, dried noodles, cereals, canned food, snacks, ready-to-eat food, frozen food, etc.)
- *mineral water, sports drink
- *tissue paper, toilet paper
- *detergents (for laundry, dishes, etc.), soap
- *household medicine
- *others, flashlights and disaster goods

- Notes:**
- Watch for “consume by” date of the stocked food and add when necessary.
 - If there is a baby in the family, add disposable diapers, powdered milk, baby food, etc.
 - If there is a family member recuperating at home, add necessary items to avoid going out.

Attention: When Pandemic Influenza outbreaks abroad, then the “Counseling Center” will be established in the Health Center and will be informed. If you develop fever, do not visit a hospital or a clinic immediately, but first make a phone call to the “Counseling Center” and please follow the instructions given. According to the outbreak, special “outpatient clinic” will be set.

**Ambulances are for emergencies only.
We ask for your understanding and cooperation.**

