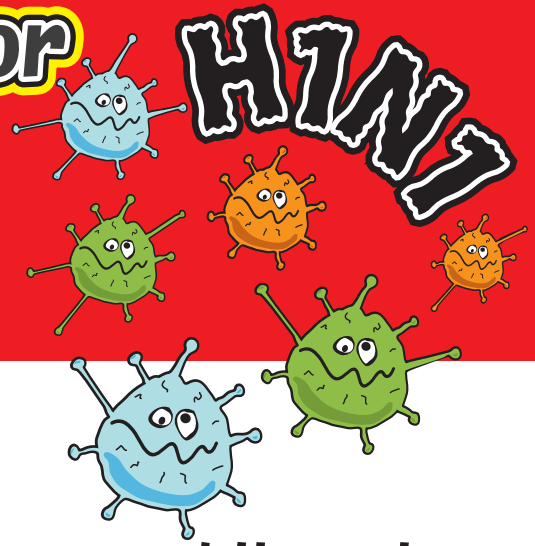


# Prevention Measures for New-type flu (H1N1 Influenza A)



Similar to the seasonal flu,  
the H1N1 Influenza A is considered to spread through  
**coughing and sneezing** and can be  
**passed on from person to person.**

**For prevention, you should:**

**1 Wash your hands and gargle frequently**

**2 Advise a person who has flu-like symptoms such as a fever, coughing and sneezing to wear a mask. Wear a mask if you come in contact with a person who has flu-like symptoms.**



If you don't have a mask, cover your nose and mouth with a tissue to reduce the risk of transmission.



Dispose of a tissue promptly, then wash your hands immediately.



Do not spit. Use a tissue and dispose of it promptly.

**3 Make sure to have sufficient nutrition and get plenty of rest to help strengthen the immune system.**

Public Health and Welfare Bureau, Osaka City

**H1N1 Influenza Hotline**  
(Japanese Only)

Weekday: from 9 : 00 to 18 : 00

**06-6647-0956**



財団法人 大阪国際交流センター  
Osaka International House Foundation

Osaka International House Foundation

interpretation assistance over the phone for  
foreign residents.

Monday through Friday : English, Chinese, Korean  
Tuesday : Portuguese / Friday : Spanish

from 9 : 00 to 17 : 30

**06-6773-6533**