

H1N1 Flu (Swine Influenza)

September 1, 2009

If you have suspected your own health conditions that show some similar symptoms of H1N1, such as fever, cough sore throat, body aches, headaches, chill and fatigue; please get a contact with the Public Health Center located in your region or Tokyo Metropolitan Government Health Consultation Center for H1N1.

Public Health Center: Tama-Kodaira Branch Center
9:00 - 17:00 Monday through Friday
Phone # 042-450-3111

Tokyo Metropolitan Health Consultation Center for H1N1.

During the night of Monday through Friday,
17:00 - 9:00 (following the day)

During weekends (Sat. & Sun.) & holidays
9:00 - 9:00

Phone# 0570-03-1203 (home phone, cell or public phone)

Phone# 03-5977-5638 (IP phone, PHS)

Tips on prevention of human infection with H1N1 (Swine Influenza)

Spread of H1N1 (Swine influenza) virus is thought to be happening in the same way that seasonal flu spreads. To prevent a risk of being infected by H1N1, wash frequently your hands with soap and water, wear a mask when you go out, gargle or rinse out your throat with water when you come back home. Also, it would be good to avoid contact with people gathering in a certain public place and not to go out when it's not so necessary.

Please visit our website for more relevant information at the city of Higashimurayama, Public Health Section. Contact phone number 042-393-5111