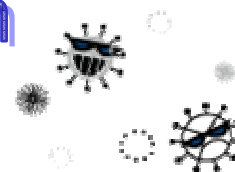


# How to Protect Yourself against Infection with the Influenza A (H1N1) Virus



— Important actions individuals and families can take —

## 1. Gather information

Please behave in a calm manner on the basis of updated information provided by the Ministry of Health, Labour and Welfare and the Nishinomiya city government.

Websites:

Ministry of Health, Labour and Welfare	<a href="http://www.mhlw.go.jp/index.html">http://www.mhlw.go.jp/index.html</a>
Hyogo Prefectural Government	<a href="http://web.pref.hyogo.jp/">http://web.pref.hyogo.jp/</a>
Nishinomiya City Government	<a href="http://www.nishi.or.jp/">http://www.nishi.or.jp/</a>

## 2. Wash your hands and gargle

If you have been out, please clean hands with soap and water. Continue rubbing hands for at least 15 seconds and rinse hands under running water. Please do not forget to gargle.



## 3. Wear a mask



Disposable masks sold at stores are effective.

You can prevent spreading the virus by wearing a mask. When you cough or sneeze, cover your mouth and nose with a tissue.

## 4. Adequate rest and a balanced diet

Adequate rest and a balanced diet are necessary to boost your immune system and keep you healthy. Eating properly handled and cooked pork products is safe since the virus dies when cooked sufficiently.



## ★ To prepare for emergency

You are recommended to store a two week supply of non-perishable food, medicines, and daily necessities during a pandemic in Japan. This can be useful in other types of emergencies such as natural disasters.

**Nishinomiya City Health Center**