

September 4, 2009

Influenza A (H1N1) has been spreading rapidly and the flu situation has not yet stabilized.

In our city, possible cases of mass infection have been reported and the mass infection is expected to occur frequently over the next few months.

Therefore, the city government takes every opportunity, e.g. through its official website and newspapers, to ask citizens to thoroughly practice methods of infection prevention.

In order to minimize the damage to health, citizens are required to prevent of influenza infection by washing hands, covering their mouth when they cough, and gargling.

If you do not feel well, please refrain from going out and take a rest at home. People with chronic diseases, pregnant women, and children are at increased risk of severe illness when infected. If they have symptoms of influenza-like illness, they are recommended to consult their doctor by phone and have a medical examination soon.

I would like to ask citizens to be alert to information concerning the new strain of influenza provided by the national, prefectural, and city governments and to behave calmly.

Satoru Yamada
Mayor of Nishinomiya