Take more care for yourself during winter season

Preventative measurements against Influenza





Influenza is an infectious disease which plunges you into a serious illness. It takes over all of your energy by high degree of fever, though we are more able to endure cold better. For preventing yourself from influenza, we highly recommend you to have vaccination against it.

Main differences between Influenza and cold

Please pay your attention to below symptoms. Those for Influenza are much more troublesome.

Influenza

Symptom

- Over 38 degree of fever lasts for 1 3 davs.
- Body pains including joint pain, muscular pain and headache get severe. Then, a sore throat and cough follows next.

Symptom

Cough, throat pain and snivel are main features for cold. Fever is also lower than 38 degree in common.

If you have a touch of Influenza, then...

We strongly recommend you to see doctor as sooner as possible

After realizing above symptoms, you need to see doctor immediately since it is priory to avoid aggravating your condition and to prevent others from further infection caused by you. In a majority of hospitals, quick diagnosis kit has been introduced in medical examination in order to identify your sickness. Approximately in 30 minutes, you can have a result.

■Taking a rest is one of the prime prevention measures

Sufficient rest is essential to recover and prevent further spread of influenza virus.

Here is a list of some effective ways to cope with Influenza.

- ① Don't forget to wear a mask which stops spreading the virus by cough and sneeze.
- ② Drink a lot of water. It prevents a drying of throat and avoids dehydration caused by fever.
- 3 To re-obtain physical strength, you need to take enough sleep, rest and nutritious food.
- 4 The Influenza virus is active under dry condition. That is, we should keep the humidity of room around 50-60% with humidifiers so as to prevent immunity of a mucous membrane from becoming weak.
- (5) Don't get hurry to return to work. Even if your temperature drops, it doesn't mean the virus gets out of your body. Let yourself free from work with extra holidays.

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What you can do for preventing yourself from the virus is ...

Please try to avoid crowded places, wash your hands always. The prompt prevention is a smart choice.

In the end of a year, people are more likely to spend random days. Having enough sleep and nutritious food are necessary for good health. We would like to stress here that you should wear mask, avoid crowds and wash your hands. As a diagram below shows, this is a proper way of please washing hands with soap thoroughly.



Please have vaccination against the influenza virus

According to an investigation conducted by Centers for Disease Control and Prevention, 80% of those who had vaccination against Influenza virus were not infected by the virus.

In order to avoid influenza infection and to ease your condition, how can you miss vaccination against the influenza virus? The vaccination takes at least 2 weeks till it starts to work effectively. The prevalence of influenza is mainly from December to March. That is, by the beginning of December you should have the vaccination because its effect lasts for 5 months. It is available at any hospitals nearby. But they provide the service with different price. The table in the right is to show you average price for it. Regarding the vaccination number of times per a year, it is depending on your age.

★ Vaccination against influenza A verage price

Age 0 1700yen X 2

Age 1~5 2000yen X 2

Age 6~12 2300yen X 2

Age 13~64 2700yen X 1

Over Age 65 1000yen X 1

The last number is the vaccination number of times.

 Application for day nursery / nursery school from April, 2007 begins

Application for Nursery schools has begun for children whose parents cannot bring up at home due to some reasons. But as soon as the fixed number is reached, your application will not be accepted. For more information, please refer to the below contact details:

Fujimi City 252-7105Fujimino City 261-2611Miyoshi town (Child care section)

• Child support allowance is provided to single parents

In Saitama prefecture, single parents with lower income are allowed to have child support allowance for their entrance into junior high schools.

- ★ Subject ①The parent who does not need to pay municipal tax and has a child entering a junior high school in next April. ② Single mother, single father, guardians and a person with a spouse who suffer from any disabilities
- ★ Allowance 10,000 yen
- ★ An application method by 28th December, you have to submit all necessary documents to city hall nearby
- ★ An inquiry Contact child care section of your city (Please refer to the information the left article)

Consultation for Foreigners

Whenever you want any help, count on us

258 - 0019

Monday \sim Saturday 10:00 \sim 16:00

049-269-6450