Useful information for

Hay Fever

Prevention and Treatment



Is hay fever a sickness?

Hay fever is an allergic sickness caused by pollen of tree or grace. In spring, pollen flutters about in the air and stick to mucous membrane of eyes and nose. As a result of it, symptoms of hay fever appear.

What symptoms does hay fever have?

Symptoms appear especially in eyes, nose and throat but depending on people, the whole body can react to the allergy.

□Common Symptoms□

Sneezing runny nose nasal discharge eyes throat itching face and neck.. A decline in concentration, laziness, fever, annoyance also belong to hay fever's symptoms.

Is hay fever similar to cold?

Hay fever is different from cold. As common, cold can be over in about a week. On the other hand, hay fever lasts till pollen stops fluttering about in the air. Runny nose caused by cold settles down as cold is recovered but in the case of hay fever, nose stays runny. In addition, as another way of distinguishing cold and hay fever, we can say fever is for cold and itching for hay fever.

Why is the number of hay fever patients increased?

There are many reasons accounted for it as increase in number of Japanese cedars

As the first reason, in the 30th year of Showa, a number of Japanese cedar was planted and now those are huge enough to have much pollen. In addition, because there was a drop in wood value of the cedar, the trees were not well-kept so that pollen has been significantly increased.

Another reason is that many of people have allergic predisposition due to an increase in

The season for hay fever has come! Pollen jumps into our eyes and nose, suffering us from hay fever. In this year too, there are new faces who experience hay fever for the first time. Now let's settle the trouble by doctor's advice.

mite and house dust in highly airtight house. Moreover, modern meal seems to have high protein and air pollution, paved road and stressful society are also concerned.

One in 5 persons suffers from hay fever in Japan. Approximately 80% of hay fever is caused by cedar.

Warning! Pollen flies below month

- ⇒Cedar · hinoki · white birch · · · February
- ~May
- ⇒Hosomugi · Kamogaya · · · June~August
- ⇒Rgweed · · · August~September
- ⇒Magwort·tall goldenrod···September~ December

When you notice the symptoms ...

First of all, it is better to see doctor for allergy examination.

It is "allergen diagnostic skin test" to examine skin reaction to pollen.

First try to prevent yourself from Hay Fever

In order to lighten hay fever, we should not breathe in pollen when you go out. But how can we do so? See the following advices. Let's avoid going out when it is windy and sunny day.

We should also wear glasses and mask with protector, scarf and hat to protect yourself from pollen.

In terms of clothes, it is ideal that materials of clothes are smooth. If you have long hair, then do not forget to weave your hair. Before you enter your house, please dust yourself off.

While you stay in house, try to wash your eyes, nose, hand and face, and have a gargle. Especially, blinking your eyes in water is very effective.

What can we do for treatment?

Unfortunately it is hard enough to recover from hay fever for a short period of time. What you can do is to have medical treatment in order to lighten the symptoms. Hence we strongly recommend you to go to see doctor first.

■ Medicines for hay fever

Tablets · · · have ingredients to hold histamine which brings about sneezing, nasal discharge and runny nose. It is medicine to soften hard symptoms of hay fever.

Nasal drop · · · lightens runny nose and nasal discharge by suppressing bloodshot and swelling of mucous membrane of nose.

Eye drop···moderates itching and bloodshot eyes

■How to prevent hay fever before 2 weeks

There are allergic medicines that help us to moderate hay fever. About 2 weeks before pollen starts to fly, we should take the medicines so that its effects can last during hay fever season.

Let's go to hospital to have doctor's advices for the medicines.

Left bicycle Change in Storage Charge

In Fujimi city, there are three stations, Mizuhodai Station, Tsuruse Station, and Fujimino Station. Left bicycles in both East and West exits of these stations will be removed. When you want to take back your bicycle, you need to pay following amount of charge which is planned to be increased from April 1: Bicycle - ¥2 0 0 0, Motorized two-wheels vehicle - ¥3 0 0 0. Parking bicycles in non-parking area is illegal causing disturbance to pedestrians and serious obstacles when disaster occurs. Please always park your bicycles in the specified parking area.

Disaster relief specialty volunteers (Interpreters etc) wanted!!!!!!

Saitama prefecture has "Saitama Prefecture Disaster volunteer registration Saitama prefecture recruits people specialized skills and knowledge as disaster relief specialty volunteer (e.g. foreign language interpreters). This recruitment derives from a concern for high demand in volunteers at the time of earthquake disaster. For foreigners who do not know Japanese language, we need help from foreign nationals with high Japanese language skill.

Application

There are two application methods which are e-application using computer and post registration card.

(1) E-application on website of Saitama prefecture

http://www.pref.saitama.lg.jp/A05/BC00/volunteer/touroku.html

(2) Post or FAX

Please get "Saitama Prefecture Disaster volunteer registration card (individual) ", fill it up and send it to below address.

(Address) ∓ 330-9301 3-15-1 takasago, Urawaku, Saitama City, Saitama Prefecture Saitama department of general policy International Section, NGO · support foreign residents

 \star Phone 0 48-8 30-2717

★ FAX 048-831-0289

Do you know information for disused articles?

In Fujimi and Fujiminio City, City magazines with useful information are published in every month. On those magazines, there is section for "Information for disused articles". Please feel free to contact us if you need any necessary articles for living.

Let's negotiate related section of 2 cities and 1 town. It is not for sure that your wants can meet always but rather we can save some money and find goods. Please do not hesitate to contact us if you have any needs.

 \bigstar Phone 0 4 9 - 2 5 6 - 0 2 9 0

Voluntary translators wanted

In Fujimino International Cultural Exchange Center, for over 10 years.we have published our "Information Fujimino" which provides helpful nformation for foreign citizens.

At present, it is translated into 7 languages but we are looking for new volunteers who can translate it into your mother tongue languages. A little amount of translation fee is given to these volunteers. If you are interested in, please contact Fujimino International Cultural Exchange Center

 \bigstar Phone 0 4 9 - 2 5 6 - 0 2 9 0

 \star FAX 049-256-4291