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Supplies

Supplies you should keep at home to avoid going outside



To avoid going out when there is an influenzapandemic, you should keep supplies of food, daily necessities and clothing. Many of such items will be useful during other emergencies as well, so you should prepare them according to your everyday needs.

An example of a list of supplies (for about 2 weeks)

- Foods with a long shelf life (rice, dried noodles, hardtack (survival biscuit), canned foods, snacks, and so on)
- Water
- Formula milk
- Disposable mask
- Thermometer
- Household medicine(digestive relief pills, pain relievers and medicine for your chronic conditions), gauze, cotton pads
- Adhesive tape, toilet paper, tissue paper, paper towels, antiseptic wipe packets
- Detergent, soap, shampoo/conditioner
- Sanitary items for women, diapers
- Plastic bags (to dispose contaminated garbage)
- Portable gas stove and gas canister
- Flashlight/batteries



Memo

■ **City of Yokohama Returnee/Contact Consultation Center**

Tel: - -

* This center will be set up when infection is detected. Telephone number of the center will be announced on the city website/newsletter.

Websites for reference

- City of Yokohama Public Health Center ● <http://www.city.yokohama.lg.jp/kenko/hokenjo/genre/kansensyo/influenza.html>
- Cabinet Secretariat ● <https://www.cas.go.jp/jp/influenza/index.html>
- Ministry of Health, Labour and Welfare ● <http://www.mhlw.go.jp/>
- World Health Organization (WHO) ● <http://www.who.int/en/>
- Centers for Disease Control and Prevention (CDC) ● <https://www.cdc.gov/>

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To protect you and your family from pandemic influenza

Prevention Strategies for pandemic influenza

Pandemic influenza which usually occurs among birds and other animals, occasionally infects humans. As most of us are not immune to the disease, many people could get infected. This new type of flu may occur any time. If it does, symptoms are likely to be serious, and it not only severely damages your health, but you may also be restricted from doing everyday activities such as going to work, school or going out



The city of Yokohama is developing strategies to prepare for an outbreak of this flu. This pamphlet gives you **three simple points** to prevent the spreading of the flu and to help Yokohama citizens avoid being affected by the disease.



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Going to a Medical Institution



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Going to a Medical Institution

How to go to a medical institution when pandemic influenza is detected



- ① Those who have returned from a country where an outbreak is occurring, and have symptoms such as fever, coughing, sore throat or runny nose.
- ② Those who had contact with someone who may have had pandemic influenza.

Please make sure to call the consultation center. *1



*1 Returnee/Contact Consultation Center

This center will be set up when pandemic influenza is detected. Telephone number of the center will be announced on the city website/newsletter.

Possibility of pandemic influenza

Go to **A Returnee/Contact Outpatient Center *2**
(after being instructed by the Consultation Center)

Suspected

Not suspected



*2 A Returnee/Contact Outpatient Center

This is a special outpatient center dedicated to the care of those who are suspected of having pandemic influenza

Visit a general medical institution.
(Wear a mask when you do.)

If you would like a consultation in a foreign language, please contact YOKE Information/Consultation Corner.

Yokohama Association for International Communications and Exchanges Information Corner

Tel: 045-222-1209 Email: info.corner@yoke.or.jp
http://www.yokeweb.com/sodan

YOKE Information Corner provides consultation on life in Japan in English, Chinese and Spanish. It also gives you contact numbers of institutions that provide consultations in other foreign languages.

Infection Prevention

Infection Prevention (to avoid getting infected, to avoid spreading)

Pandemic influenza virus is thought to spread by touching something contaminated with the virus, or through droplets formed when people with flu cough or sneeze. The following everyday preventive actions are highly recommended.

Cover your nose and mouth with a handkerchief or tissue when you cough or sneeze.



Wear a mask when you cough or sneeze.



Wash your hands with soap when you return from outside.



For greater resistance to the virus, get adequate nutrition and sleep.

