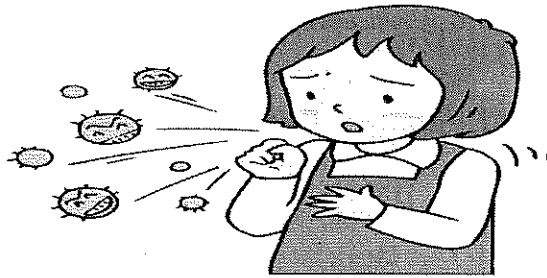


How to Protect Yourself and Help Prevent the Spread of New Flu Strains

Did you know that steps normally taken to prevent catching the regular flu works against the new strains as well? In Japan, it is recommended that you do the following to reduce your chances of catching any new strains of flu:

- ※ Gargling and washing your hands after you get home
- ※ Wearing a mask
- ※ Maintaining a room humidity of between 50% to 60%
- ※ Eating balanced meals
- ※ Getting enough rest and being fit
- ※ Receiving the flu vaccine
- ※ Avoiding places where people congregate and places where the flu is known to be active



Flu Etiquette

People normally get infected with the flu by standing nearby someone who is coughing or sneezing. To prevent the spread of the flu virus, you should take the following steps if you find yourself with the flu:

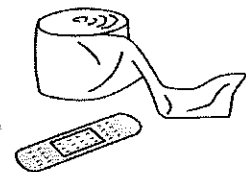
- ※ To prevent sneezes or coughs from reaching other people, it is best to wear a mask when you are sick. Also if you see anyone having the same symptoms, recommend to them that they wear a mask as well.
- ※ Cover your mouth and nose with either tissues or a handkerchief when coughing or sneezing, and make sure to keep your face turned away from anyone.
- ※ If you happen to use your hands to cover up your sneezes or coughs, wash them with soap at the next available opportunity.
- ※ Throw away any used tissues into a plastic bag and close it right away or a garbage can with a lid to prevent the virus from spreading.

Preparing for widespread pandemic flu

In the event of an outbreak of a new flu strain, there may be import bans or slowdowns in the distribution of goods, and it could be several weeks before such problems could be resolved. At the same time, in order to stop the spread of such a virus, you may be advised not to leave your home unless absolutely necessary, so with this in mind, it is important to think about stocking up on some supplies as a precaution. If you can, it is a good idea to have at least 2 weeks worth of food and other supplies to be prepared.

The following list is a guide for the kinds of items you might want to prepare:

Food items (non-perishables)	Medical and other daily supplies
<ul style="list-style-type: none"><input type="checkbox"/> Rice, packs of pre-cooked rice<input type="checkbox"/> Noodles (somen, soba, udon and other pasta)<input type="checkbox"/> Instant ramen<input type="checkbox"/> Boil-in-bag foods (like curry)<input type="checkbox"/> Canned foods (fish, fruits, vegetables)<input type="checkbox"/> Snacks, chocolate<input type="checkbox"/> Bottled water<input type="checkbox"/> Other bottled or powdered drinks	<ul style="list-style-type: none"><input type="checkbox"/> Masks: In the event of a flu outbreak, you should use non-woven fabric (不織布製) masks. There are two kinds of masks made in Japan, gauze masks and non-woven, although most sold in Japan are the latter.<input type="checkbox"/> Hand soap<input type="checkbox"/> Disinfectant (alcohol, chlorine bleach)<input type="checkbox"/> Thermometer<input type="checkbox"/> Over-the-counter medicines: for pains, fever
<p data-bbox="229 1373 794 1451">Ordinary disaster supplies (convenient to have on hand)</p> <ul style="list-style-type: none"><input type="checkbox"/> Flashlight, batteries<input type="checkbox"/> Radio, portable TV<input type="checkbox"/> Portable gas stove, gas cartridges<input type="checkbox"/> Plastic wrap<input type="checkbox"/> Laundry detergent	<ul style="list-style-type: none"><input type="checkbox"/> Band-aids, gauze, cotton<input type="checkbox"/> Cold compress, ice pack<input type="checkbox"/> Latex gloves<input type="checkbox"/> Toilet paper, tissues<input type="checkbox"/> Sanitary products, diapers<input type="checkbox"/> Plastic bags



While we think that gas, water and electric service probably won't be interrupted, it is still a good idea to prepare some supplies to be prepared just in case.