

**Announcement from City of Sendai:
To all foreign citizens
About Influenza A (H1N1)**

With the spread of the worldwide outbreak of influenza A (H1N1), which has particularly affected Mexico and the U.S.A., there have also been confirmed cases reported in Japan. We request that everyone respond to the current situation calmly and follow the information and instructions from the government, local municipal governments and the media.

Current measures to take:

- To prevent being infected by influenza A (H1N1) as well as the normal seasonal flues, it is important to conscientiously wash your hands, gargle and take care of yourself to aid virus resistance.
- Pay attention to information from the government, local municipal governments and the media.
- Refrain from nonessential travel to countries where influenza A (H1N1) is prevalent.
- For those who are concerned about their health, please contact the Public Health and Welfare Centers listed below.

All Public Health and Welfare Centers are responsible for inquires about influenza A (H1N1), and they are now responding to the patients with symptoms, such as fever, as follows:

- (1) Those who have the following symptoms are requested to have a medical examination at the Sendai City Hospital, which is the designated medical institution for Type 2 category infections.**
- a. Those who have been in contact with influenza A (H1N1) infected patients within the past 7 days, who have a fever over 38°C, or respiratory symptoms such as a cough, runny nose or sore throat.**
 - b. Those who have visited countries widely infected by influenza A (H1N1) such as Mexico, U.S.A. and Canada - as of May 5, 2009 -), with a fever over 38°C, or respiratory symptoms such as a cough, runny nose or sore throat.**
 - c. Those with worsening respiratory symptoms who suspect they may be infected by the influenza A (H1N1).**
- (2) For others, we recommend check ups at general medical institutions.**

Public Health and Welfare Centers Helpline Desks for influenza A (H1N1) -Japanese only-

Helpline Desks for H1N1 Flu	Telephone No.	FAX No.	Open Hours
Aoba Ward Office Public Health and Welfare Center	022-225-7211	022-214-1235	24 hours
Miyagino Ward Office Public Health and Welfare Center	022-291-2111		

Wakabayashi Ward Office Public Health and Welfare Center	022-282-1111		
Taihaku Ward Office Public Health and Welfare Center	022-247-1111		
Izumi Ward Office Public Health and Welfare Center	022-372-3111		

*** For those who cannot speak Japanese, please contact the following support desks**

Sendai International Center	Telephone No.	Open Hours
English Hotline: Information for foreigners in English (Sendai International Center)	022-224-1919	9:00~20:00 (Except when Sendai International Center is closed)
Interpretation Support Hotline * Providing information by three-party call with interpreters in Chinese, Korean, Tagalog, and Portuguese.		

<<Websites on related topics -Japanese only- >>

Information on influenza A (H1N1) [Ministry of Health, Labour and Welfare]
<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou.html>

Overseas travel information [Ministry of Foreign Affairs]
http://www.mofa.go.jp/mofaj/kinkyu/1/20090430_144154.html

Basic information on influenzas [City of Sendai]
<http://www.city.sendai.jp/kenkou/hokeniryuu/influenza/gochuui.html>

Infectious Disease Surveillance Center (IDSC)
<http://idsc.nih.go.jp/index-j.html>

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