

September 9, 2009

## **Important Notice: Kanazawa Medical University's Policy on Prevention measures against New-Type Influenza A (H1N1)**

Chairman of Board of Directors  
President of University  
Director of University Hospital

To all students, faculty and staff:

Kanazawa Medical University has been requesting all students, faculty and staff to follow the policy on preventative measures against influenza type A, including control of overseas travel and medical treatment prioritization. As Influenza type A remains widespread both in the university and the country, there is the risk of further increases in infection rates after September.

In order to prevent the development of infection, we ask all individuals to be aware of the following policy and prevention measures. If you feel you have any symptoms such as a fever (37.5°C) or respiratory problems (rhino rhea, nasal obstruction, sore throat, headache, cough, etc.), please stay off campus and have a medical examination.

If you are diagnosed with influenza type A (including H1N1), please contact the appropriate department and office for you (see the list below) immediately.

Both the University and the University Hospital are requested to report the infection cases to the Public Health Center. Your understanding and cooperation for our policy are appreciated.

### **Policy and Prevention Measures**

#### **1. Daily Advice**

Be careful of other people when sneezing or coughing. Use a tissue paper or handkerchief, or wear a mask. Wash your hands and gargle regularly. If you participate in group activities or a sports event, you should be strictly aware of these preventative measures.

#### **2. If you feel ill**

If you have any symptoms such as a fever (37.5°C) or respiratory problems (rhino rhea, nasal obstruction, sore throat, headache, cough, etc.), please do not come to the campus and have a professional medical examination.

#### **3. If you are diagnosed with influenza**

Please stay at home and contact the department and office (see the list below) and tell the date of occurrence, your name, department, etc. Also please contact persons

who had close contact with you from the day prior to the emergence of symptoms. Advise about the possibility of infection and ask them to measure their temperature, wear a mask, and stay at home for a period of seven days during which influenza may develop.

Please follow the doctor's diagnosis and the university's advice about when to go back to school or work during and after recovery.

4. If you have an underlying chronic illness or are pregnant

You should consult with your doctor in advance, and have a medical examination as soon as you feel unwell.

## List of Influenza Countermeasures

Preparations in case you become infected

- Prepare masks and a thermometer.
- Prepare at least one week's food and water in your home in case you are required to stay at home; avoid going out for an extended period.
- Make a list of contact information and opening hours of health centers and clinics in your area.
- Have your health insurance card identification documents ready.

Daily advice

- Wash your hands and gargle regularly and maintain your general health.
- Be careful of other people when sneezing or coughing, and use a tissue or handkerchief. Wash your hands immediately afterwards.
- Avoid large gatherings whenever possible.

If you feel unwell

- Avoid contact with other people.
- If you develop a temperature of over 37.5°C, do not visit the university campus or attend any extracurricular activities while recuperating.
- When going out, make sure to wear a mask to reduce the risk of transmission to others.

If you are diagnosed with influenza: focus on recuperating and avoiding transmitting the illness to others.

- Try to avoid leaving your room and avoid contact with others.
- Inform your department or faculty.
- Individuals who were heavily exposed to infected persons (had close contact with an infected person from the day prior to the emergence of symptoms) should be contacted and advised to measure their temperature and wear a mask for a period of seven days during which influenza may develop. If you took part in a group or extracurricular activity in the period immediately before or during the emergence of symptoms, inform the organizer.

## Website Information

Ministry of Health, Labour and Welfare (Japanese)

[http://www.mhlw.go.jp/bunya/kenkou/kekaku-kansenshou04/inful\\_what.html](http://www.mhlw.go.jp/bunya/kenkou/kekaku-kansenshou04/inful_what.html)

(English Brochure)

[http://www.mhlw.go.jp/english/topics/influenza\\_a/general\\_info/influ\\_brochure.html](http://www.mhlw.go.jp/english/topics/influenza_a/general_info/influ_brochure.html)

Ishikawa Prefecture (Japanese)

<http://www.pref.ishikawa.jp/kansen/menu/2009infulpage.htm>

IFIE (Ishikawa Foundation for International Exchange)

<http://www.ifie.or.jp/index.php>

## CONTACT LIST

STUDENTS (→Department and Office)

	Department & Office	Extension#
School of Medicine	Section of Student Affairs (Gakusei-bu)	2542
School of Nursing	Office of School of Nursing	7551
Graduate School	Office of Graduate School	2521
Foreign Students	Center for International Exchange	2611

FACULTY AND STAFF (→Your Head→Department and Office)

	Department & Office	Extension#
School of Medicine	Department of General Affairs (Syomu-ka)	2411
School of Nursing	Office of School of Nursing	7551
Liberal Arts	Department of General Affairs (Syomu-ka)	2411
University Hospital	Department of Hospital Personnel Affairs	5044
Himi Municipal Hospital	Himi Municipal Hospital Personnel Affairs	390
Medical Research Institute	Department of Research Promotion	3051
Others	Department of Labor Welfare	2111

STAFF OF TENANTS, AFFILIATED COMPANIES OR OTHERS

	Department & Office	Extension#
University related	Department of Labor Welfare(Shokuin-ka)	2111
Hospital related	Department of Hospital Administration(Kanri-ka)	5061