

# Please follow “ Coughing Manners ” !

The respiratory tract infections such as influenza are transmitted by inhaling droplets scattered in the air during coughs and sneezes. It is said that approximately 10,000-100,000 pathogens are scattered outside the body by a cough or a sneeze and that droplets can be scattered approximately 2-3 meters ahead. If you have symptoms such as cough or sneeze, please make sure to follow “ Coughing Manners ” not to transmit the respiratory tract infections such as influenza to others.

“ Coughing Manners ” is effective against the new H1N1 influenza! We appreciate your cooperation in advance.

## “ Coughing Manners ”

### **Wear a mask when you cough or sneeze.**

- Nonwoven masks are more effective than gauze masks.
- Open the folds of mask and bend the variable part for nose at the top of mask to appropriately fit the mask to your face.
- Do not touch the surface of the mask which you wear to avoid touching viruses which may attach there.

### **Cover your mouth and nose with tissues when you cough or sneeze.**

- Turn your face away from others when you cough or sneeze.
- If you do not have any tissues, cover your mouth and nose with your sleeve or a handkerchief.

### **Throw away used tissues in trash boxes and wash your hands carefully.**

- Your hands are contaminated by invisible viruses after covering your mouth or blowing your nose. Wash your hands or cleanse them with rubbing alcohol before you touch things.

**Absence from school or work is one of preventive measures against infectious diseases.**

While having a fever or coughing, visiting crowded places without following “ Coughing Manners ” may cause an epidemic of infectious diseases. Careful attention is required for young children who are difficult to properly follow “ Coughing Manners ” and for elderly people, because the diseases may become severe.

It is important that we all try to consider absence from nursery, school and work as an important prevention measure and create a climate favorable for absence as a prevention measure. Behavior of each individual can save health of those around us and also community.

If you have any concerns about the new H1N1 influenza, please consult with Fever Consultation Center.

Since June 25, 2009

Please consult with Fever Consultation Center in your local healthcare center. The contact information for residents of Okayama City is as follows:

Hours : 8:30-17:15 on weekdays

Name of Institution	TEL	FAX	Jurisdictional Area
Healthcare Center, City of Okayama	086-803-1262	086-803-1758	Okayama City

\* After hours, it is also possible to receive a call as needed at the phone number of Healthcare Center, City of Okayama.

\* When you visit medical institutions, please wear a mask.

City of Okayama