



Health Administration Center, Gifu University

TEL: 058-293-2174 FAX: 058-293-2177 E-mail: hokencen@t.gifu-u.ac.jp

Influenza cases are increasing! Don't catch it! Don't spread it! Stop the transmission!

To prevent catching
the flu!



To prevent yourself from catching the flu.

Get a flu vaccination.

Get plenty of rest and eat a well-balanced diet.

Wash your hands regularly.



What you can do to avoid spreading the flu to others, even if you catch it.

To avoid spreading the flu!



When you cough or sneeze, cover your mouth and nose with a mask, tissue, handkerchief, or your sleeve.

Refrain from going out.

If you suspect an infection,
see a medical facility promptly.

To prevent the flu from!



If you catch the flu...

According to the School Health and Safety Act, you must stay home until five days have passed since the onset of symptoms and at least two days have passed since your fever has gone down. Make sure to rest sufficiently at home. Don't forget to report your illness using the infectious disease reporting forms.

【Gifu University】 Infectious disease reporting format ▶ <https://forms.office.com/r/qvMcSWWK7D>

【Gifu University】
Infectious disease reporting format

