



Influenza is spreading earlier than usual this year! /



The number of reported influenza cases is increasing across Japan. This season, influenza is spreading more than a month earlier than usual.
Take precautions against influenza now!



Simple steps to prevent infection now!

The influenza vaccine helps prevent infection and severe illness. As influenza is spreading earlier than usual this year, get vaccinated as soon as possible. Also, practice basic preventive measures such as handwashing, wearing a mask and getting enough rest and nutrition.



Watch for these symptoms!

Influenza is characterized by the sudden onset of symptoms such as a fever of 38°C or higher, headache, joint and muscle aches, and fatigue. Other symptoms may include a sore throat, runny nose, and cough.



How Influenza Spreads!

Influenza spreads through droplets from an infected person's coughs and sneezes, as well as through contact with contaminated hands and surfaces. People can spread the virus from one day before symptoms appear to 3–7 days after onset. During this period, avoid going out whenever possible.



Early testing and treatment are important!

A rapid test at a medical facility can help diagnose influenza quickly. Antiviral medications may help relieve symptoms and shorten the duration of illness. They are most effective when starting within 48 hours of symptom onset. If you have any concerning symptoms, seek medical care as soon as possible.



Reference: Ministry of Health, Labor and Welfare (MHLW), Japan – Influenza
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/kekaku-kansenshou/infuenza/keihatsu.html

If you get influenza...

Under the School Health and Safety Act, stay home until 5 days after symptom onset and 2 days after the fever has subsided. Get plenty of rest and remember to report your infection to the university using the Infectious Disease Report Form.

Gifu University: Infectious Disease Report Form ► <https://forms.office.com/r/qvMcSWWK7D>

[Gifu University]
Infectious disease reporting format

