

## 『Flu Season』

We're now a month into 2019, and the cold weather is certainly taking hold – are you all managing to stay healthy and deal with the chill?

December to March is flu season in Japan, so in this month's *Living in Miyazaki*, we'd like to talk about flu.

### 【Flu symptoms】

Flu is caused by the influenza virus. Symptoms include a fever of over 38°C (100.4°F), headache, joint and muscle pains, and weariness that tend to appear relatively suddenly. In addition, just like a regular cold, sore throat, runny nose, and coughing are also common symptoms.

If you develop any of the above, go and see a doctor right away. Also, be sure to contact them beforehand to arrange an appointment and ask about how they will examine you, and wear a mask when you go to see the doctor.

### 【How to avoid catching flu】

- When you've been outside, washing your hands with soapy water, or sanitizing with an alcohol-based hand sanitizer is an effective way to kill germs.
- Use a humidifier to keep the humidity of dry rooms at the appropriate level (50~60%).
- Be sure to eat properly and get plenty of sleep to keep your immune system functioning well.
- When traveling through crowded areas, it's a good idea to wear a mask.

### 【Cough and Sneeze Etiquette】

When coughing or sneezing, the tiny droplets that spray out can transfer the illness to other people, so be careful not to infect those around you.

- When coughing or sneezing, turn your face away from other people.
- Cover your mouth and nose with a tissue.
- Wear a mask if you are sneezing or coughing.



If you have any questions, comments or suggestions about this article, please contact the Miyazaki International Foundation:

TEL 0985-32-8457    FAX 0985-32-8512    E-mail [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp)

Thank you.