

Influenza

Hello, readers. It's been cold lately, but how are you doing? Let's talk about influenza in this month's article.

Influenza is a disease caused by an infection with the influenza virus. Its symptoms, which include a fever of 38 degrees or higher, cough, sore throat, runny nose, headache, and fatigue, appear suddenly. Similar to the common cold, influenza may also involve symptoms such as vomiting or diarrhea.

If you experience these symptoms, it's advisable to see your doctor as soon as possible. Before leaving home, call the hospital or clinic to confirm how and when you will be seen. Don't forget to wear a mask when you go.

To help prevent influenza, there are several things you can do. Wash your hands when you get home and keep them clean with alcohol-based hand sanitizer. To alleviate dry air conditions, use a humidifier to keep your room moist. Additionally, it is important to enhance immunity by maintaining a balanced diet and getting enough sleep. If you go to a crowded place, wearing a mask is an effective precaution.

When you cough or sneeze, be careful not to spread the infection to others. Cover your mouth and nose with a tissue and avoid facing other people. It's important to continue wearing a mask as long as you have a cough or sneeze.



The influenza season typically starts in late November and peaks in late January or early February. It's crucial to be vigilant now, as an influenza outbreak could occur at any time during this period. The influenza vaccine for the 2023/2024 season has already been provided, consisting of two A and two B strains. Influenza vaccination is recommended because it is expected to prevent the contraction of influenza or the development of severe conditions.

Influenza is a contagious disease that spreads from person to person. Everyday habits in your normal life, such as washing hands, wearing a mask, eating well, and getting plenty of sleep, can help prevent this disease. During the cold season, influenza can spread easily. Let's ensure healthy winter days by taking appropriate preventive measures.

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp

If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902
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