

Pandemic Influenza (Swine Flu) Prevention Tips for Households

- **Stay informed**

- The Ministry of Health and The City of Kobe will be periodically release new and correct information regarding the Pandemic Influenza. Please make sure to keep up to date on the information and act in a calm manner.

Ministry of Health Website – <http://www.bm.mhlw.go.jp/index.html>

Kobe City Webpage – <http://www.city.kobe.lg.jp>

- **Gargle and wash hands when coming in from outside**

- Make sure to wash hands with soap for AT LEAST 15 seconds and rinse with running water.

- **Wear a mask**

- You may be able to prevent catching the virus to a certain degree. If you are infected, wearing a mask helps the virus from being spread to others.

- **Avoid crowded areas**

- Try to avoid unnecessary trips outside

- **Make sure to eat nutritionally balanced meals and get enough rest**

- Try to build up strength and resistance

- **Pandemic Influenza (Swine Flu) can NOT be transmitted by eating pork or pork products. By proper preparation with heat, the virus will be killed along with other bacteria.**

- **If after returning from a trip abroad, you or other members in your family show symptoms including **fever and cough**, please contact the **Pandemic Influenza (Swine Flu) Consultation Center (078-335-2151)**; if you are not a Japanese speaker, please call **080-6115-9901 (Weekdays 9am-5pm)**.**

Being Prepared...

In order to be prepared if the pandemic influenza (swine flu) has outbreaks within Japan, stock up on non-perishable foods, water, medicine, and other items necessary for daily life.

Kobe Health Department