

ATTENTION (Vol.5)

Pandemic flu

30/09/2009

Kanazawa University Health Service Center

As new semester has started, there is a possibility of further spread of seasonal flu and also new flu virus. Please make sure the rules for the flu of Kanazawa University and make every effort not to catch flu.

IMPORTANT

- Please pay full attention not to catch flu especially for the people who has underlying disease*, as they have a high risk of getting serious situation by catching flu.

*underlying disease: breathing problem (including asthma), heart disease (excepting high-blood pressure), renal disease, metabolic disease (diabetes mellitus etc.), liver disease, neurological disease, neuromuscular disease, blood disease, immunocompromised status (steroid administration), and also pregnant woman, infant, elderly

- We will provide you with emergency information by e-mails. E-mails will be sent to your e-mail address which you register at Acanthus Portal, so please register your e-mail address of mobile phone at Acanthus Portal.

RULES of Kanazawa University

1. What you can do everyday...

Make every effort not to catch influenza by wearing a mask, washing hands and gargling. When you cough in public, keep the manner. If you take part in some sport events or meetings, pay full attention not to get infected.

2. If you have any symptoms...

If you have a fever (more than 37.8) or respiratory symptoms (runny nose, stuffed nose, sore throat and cough), try to exercise voluntary restraint in attending school, and rest at home. Consult your doctor as soon as possible.

3. When you are diagnosed as “Influenza A”...

Please restrain from attending school. Students are required to report to your faculty staff, and faculty members are required to make contact with your administrative staff.

Regarding a period of voluntary restraint, please check the web-site of Health Service Center. <http://hsc.ad.kanazawa-u.ac.jp/hsc/index.html>

- Kanazawa University website <http://www.kanazawa-u.ac.jp/>
- Acanthus Portal URL <https://elearn.el.kanazawa-u.ac.jp/Portal/index.php>
- Kanazawa University Health Service Center
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