

Beware of Infectious Disease

There are many types of infectious diseases, and they may occur in all seasons. Some of them may cause severe conditions and become life threatening.

It is recommended to wash your hands habitually, and when you feel ill, do not strain and consult your doctor or visit a medical institution as soon as possible.

What is infectious disease?

A pathogen that is too small to be seen (such as a bacteria and virus) infects a human through the medium of water, food, animals, insects and humans and causes the infected human to develop a fever, stomachache, vomiting, rash and so on.

Infection through water and food that entered mouth

Cholera, shigellosis, enterohemorrhagic Escherichia coli infection (such as O157), etc.

Infection through animals and insects

Malaria, dengue, rabies, etc.

Human to human transmitted infection

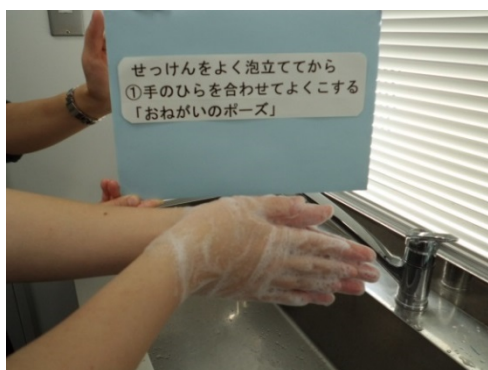
Influenza, tuberculosis (or T.B.), measles, rubella, infectious gastroenteritis, etc.

How to prevent infectious disease?

- Hand washing is the most important method to prevent infectious diseases. Froth up the soap and wash your hands carefully after coming home or before eating a meal.
- When you are coughing, you should wear a mask.
- Watch out for food poisoning.
Wash vegetables well and heat the food that requires heating well (such as meat).
- Manage your condition by yourself by regulating your daily life, taking well-balanced meals and enough sleep.

<Hand washing technique>

Wet your hands by running water, froth up the soap well, and then go through the following steps.



- ① Put your palms together and rub well
“Shape of praying hands”



- ② Rub back of your hands like you are stretching them
“Shape of a turtle”



- ③ Wash your fingertips and under the nails
“Shape of a cat's paw”



- ④ Interlace fingers and wash them
“Shape of mountains”



- ⑤ Rotational rubbing of your thumb clasped in the other palm
“Shape of riding a bike”



- ⑥ Don't forget to wash your wrists.
“Shape of I caught you”

Rinse your hands by running water and it's finished.

After washing your hands, dry them with a personal clean towel or paper towel.

When you travel abroad

There may be prevalence of infectious diseases that have not yet become an epidemic in Japan in other countries.

You should check infectious disease information of the destination before the travel.

If you become sick by the time returning to Japan, please report it to the quarantine station in the airport that you have arrived.

When you consult a doctor or visit a medical institution after arriving Japan, make sure to tell your travel history to the doctor.

<Quick tip>

① Health care center provides a free anonymous HIV test.

HIV is contained largely in the blood, semen and vaginal secretion of a HIV carrier and it may infect through a wound or mucous membrane. If you are unaware of the infection of HIV and untreated, your immunity will be weakened and you may develop AIDS. If you concern about the possibility of infection, please take the HIV test.

1st-4th Thursday morning. Free and anonymous. Appointment required.

A test result will be given in 40 minutes from the time blood sample is taken.

The test result will indicate either “陰性” (negative) or “判定保留” (indeterminant).

If you have received a test result indicating “indeterminant”, you are requested to visit the Health care center one week later.

For an appointment: Contact Preventive Medical Services Division

0466-50-3593 (direct line)

② Tuberculosis (T.B.) is NOT a past disease.

If you have worrisome symptoms such as a cough, phlegm, fever that continue for more than 2 weeks, you should consult a doctor or visit a medical institution. It is recommended to receive a chest X-ray for the purpose of medical examination once a year.