



Health Information Autumn & Winter 2023 Edition

~ Preventing influenza infection ~

In Japan, seasonal influenza epidemics usually begin around November to December and reach their peak between January and March. This year, the number of patients has been increasing earlier than usual. Therefore, let's take measures to prevent becoming infected.

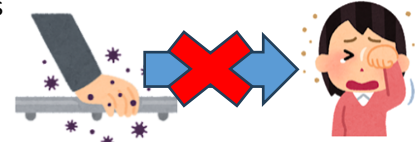
How do you become infected?

【Infection through airborne droplets】

Influenza infection may be caused by inhaling the droplets that become airborne when an infected person sneezes or coughs.

【Infection through contact】

Infection may be caused when you touch doorknobs, straps, etc. that airborne droplets have adhered to, and then touching your mouth or nose with that hand.



What are the symptoms?

Influenza infection causes a sudden onset of high fever of 38°C or higher, and symptoms such as headaches, joint pains, and muscle pains. It is said that the elderly and those with chronic heart or kidney diseases are particularly susceptible to severe illness.

What are the preventive measures?

Washing your hands after you return from going out

Washing of hands is the basis for preventing infectious diseases that are transmitted through contact and droplet infection, not just influenza. Keeping your hand hygienic using alcohol preparations is also effective against influenza viruses.



Ventilation and humidification

It is important to reduce the number of influenza viruses indoors by maintaining fresh air, so make sure to ventilate the room regularly.

Additionally, when the air is dry, the protective function of the respiratory mucosa decreases, making you more susceptible to influenza.

Maintaining the appropriate humidity (50-60%) using a humidifier is also effective.



Adequate rest and balanced nutrition

[Click here](#) for more information on this year's schedule and how to make reservations.

To increase your body's resistance, be sure to get enough rest and eat a balanced diet on a daily basis.

Avoid going out to crowded spaces

If you have no choice but to go out into a crowd, wear a non-woven mask that can prevent droplet infection to some extent.

Wearing one can be considered a form of protection.



When coughing or sneezing, be sure to practice "coughing etiquette"

It is said that when you cough or sneeze, airborne droplets travel about 2 meters.

If the droplets contain influenza viruses, there is a risk of infecting those around you.



Vaccination

The influenza vaccine is effective in lowering the chances of developing symptoms after infection.

It is especially effective for elderly people and people with heart or kidney diseases to prevent serious illness.

I got the influenza even though I had previously received the influenza vaccine.

Will the vaccine not work for me?→No, that is not correct. Please receive a shot again this year.

Getting the influenza vaccine once a year can reduce the risk of developing the disease by about half, and the risk of hospitalization and death by 1/5th to 1/10th.

In other words, although it is unfortunately possible to get the influenza and have a fever and feel distressed even after receiving the vaccine, we know that it is possible to avoid getting the influenza.

Considering that 315 people in Japan are hospitalized for influenza each year, it is recommended that people between the ages of 20 and 50 get vaccinated.

This year, the trend has started earlier than usual.

Please take the opportunity to get vaccinated. [Click here](#) for more information.

<https://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/qa.html>

Health Service Center administers influenza vaccinations to university members every year.

[Click here](#) for more information on this year's schedule and how to make reservations.

HP <https://www.hc.u-tokyo.ac.jp/en/ic/flushot/>

