

**Health ・ Welfare**

**Please be extra careful of infectious diseases.**

Now the season of Flu and Norovirus is approaching.

Please study prevention of infectious diseases well.

Prevent infection by gargling, washing hands, and cough etiquette.

1. Protection against Flu.

Cough etiquette

When you cough or sneeze, cover your mouth and nose with a tissue.

Please stay away from others to prevent the transmission.

Dispose of the used tissue to a trash box with a lid immediately.

When you have symptoms of flu, put on a sanitary mask.

2. Protection against Norovirus

Hand-washing

Wash your hands well after using the bathroom, before cooking, and before eating.

Hygiene

Don't touch patient's stools directly.

Ventilate the room.

Heat treatment

Heat treatment at 85-90 degrees Celsius for more than 90 seconds can disinfect foods, dishes, and clothes.

Inquiries

Health promotion section Tel: 045-978-2438

norovirus

<https://en.wikipedia.org/wiki/Norovirus>

