

Urgent Message Regarding New Strain Influenza (A/H1N1)

The Saitama Prefectural Government has decided to issue a “Warning Regarding New Strain Influenza Outbreak” in response to a report by a designated medical institute showing that the Influenza Outbreak Reference Value rose from 30.0 (average level) to 39.39 last week (October 26th - November 1st).

Further spread of new strain influenza in the future is a concern. The Prefecture advises that every citizen take thorough countermeasures for preventing the spread of infection.

To All Citizens of Saitama:

1. To halt the spread of infection

Make a habit of washing your hands and gargling, and use proper etiquette when coughing. Also, avoid crowds when nonessential and nonurgent. Above all, it is important to keep your lifestyle and customs regular.

2. Getting a medical examination

Should your symptoms be obviously only minor, refrain from visiting the hospital emergency room on holidays or at night and consult your regular medical institutions during the day instead.

3. Don't overlook serious symptoms

Symptoms such as pain in the chest, difficulty breathing, stupor, delirious speech or behavior, indicate a trend toward severe illness. If you experience these you should go to a hospital and receive proper care as soon as possible.

Along with issuing the Warning Regarding New Strain Influenza Outbreak, the Saitama Prefectural Government is making every effort to mitigate the spread of infection, and we will continue to work on further development of appropriate medical systems against influenza in the prefecture. I humbly request that all citizens of Saitama be mindful of their health and cooperate with efforts to prevent infection.

November 5, 2009

Kiyoshi Ueda
Governor, Saitama Prefecture