

Information Regarding H1N1 Influenza

- To those who wish to be vaccinated against influenza
 1. Pregnant women and persons with an underlying disease have priority to receive the vaccination in the middle of November:
 2. If you are a pregnant woman or a person with an underlying disease who wishes to be vaccinated against influenza in the middle of November, you are requested to make a reservation for the vaccination at your primary care doctor's office or at a medical facility designated for influenza vaccination.
 3. If you are not sure whether you have priority to receive the vaccination, please ask your primary care doctor.
 4. Frequency of vaccination: Two times as of this moment
 5. Fee: 6,150 yen in total (1st vaccination: 3,600 yen, 2nd vaccination: 2,550 yen)

If you receive the second vaccination at a different medical facility from the first one, you will be charged 3,600yen for the second vaccination because a verification of your general state of health will be required.

An increase in the number of people who wish to be vaccinated may cause a delay in the vaccination schedule.

- Medical facilities providing the H1N1 influenza vaccination
 1. If your primary care doctor is listed as providing the vaccination (see PDF), receive your vaccination at the clinic of your primary care doctor (reservation required).
 2. If your primary care doctor is not listed as providing the vaccination, receive your vaccination at one of the facilities on the list marked with a in the column of "Remarks" (reservation required).

List of designated medical facilities: itakuiryoukikan1.pdf (31kbyte) (Japanese only)

- Influenza vaccination schedule

See the information about the influenza vaccination on the Ishikawa Prefecture website (Japanese only)

<http://www.pref.ishikawa.jp/kansen/menu/2009infulpage.htm#schedule>

- To receive your vaccination, you must present a document showing that you have priority.

Person with priority	Document for identification
Pregnant woman	Maternal and child health handbook
Person with an underlying disease	Document proving that you have priority for vaccination (issued by your primary care doctor) If you will receive the vaccination from your primary care doctor, a document is not required.
Child in the 1st to 3rd year of elementary school	Maternal and child health handbook or insurance card
Parent of a baby younger than one year old	Maternal and child health handbook, insurance card or residence certificate
Parent of a person who has priority for vaccination but cannot receive the vaccination for a physical reason	Document proving that you have priority for vaccination (issued by your primary care doctor), insurance card or residence certificate
Student in the 4th year of elementary school to high school	Insurance card, student ID card or residence certificate
Senior 65 years old or older	Insurance card, driver's license or residence certificate

Phone Consultation

Kanazawa City Health Center Community Health Section: 076-234-1500

Izumino Health and Welfare Center: 076-242-1131

Motomachi Health and Welfare Center: 076-251-0200

Ekinishi Health and Welfare Center: 076-243-5103

Consultation hours: 8:30 am ~ 5:15 pm

Fax line for the hearing/language impaired

FAX: (076)234-5104

●Before visiting a medical facility

If you visit a doctor for a fever, cough, or sore throat, we ask that you take the following precautions to avoid infecting others:

- Phone your physician in advance and follow their instructions.

- Wear a mask when you go to your check-up.
- Let the receptionist know that you have a fever or cough.

If you are diagnosed with influenza, stay indoors and rest in your own home for the duration of your symptoms to avoid spreading the infection to others. Hospitalization is for extreme cases only.

●To prevent infection

<In your daily life>

- Live a regular life and get sufficient sleep.
- Have a balanced diet and eat three meals a day.

<Coughing etiquette>

- Wear a mask properly if you are coughing or sneezing.
- When you cough or sneeze, cover your nose with a tissue, handkerchief, or shirt sleeve (around the cuff) and turn your face away from others.
- Throw tissues used to cover your mouth in the wastebasket, and then wash your hands.

<When you go out>

- Always have a mask on hand for when you go outside.
- Always wash your hands and gargle upon returning home.

●For people who have an underlying disease such as asthma

H1N1 influenza has been spreading, and in particular, many cases of group infections among children who have an underlying disease such as asthma have been reported.

People who have an underlying disease such as asthma have a high risk of becoming seriously ill when infected with H1N1 influenza. Before traveling or joining in an outside activity, refer to the website below and follow the instructions. (Only in Japanese)

http://www4.city.kanazawa.lg.jp/23801/kansen/zensoku_ryokou.html

[Phone Consultation]

Kanazawa City Health Center Community Health Section

TEL: (076)234-1500

Office hours: 8:30am~5:15pm on weekdays (24-hour emergency support)

Fax line for the hearing/language impaired

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