

TO: All Faculty, Administrative Personnel and Students
FROM: The Chairperson of the Board of Executives
(Administrative contact: The Management Section, the General Affairs
and Budget Division, the Administrative Office, Ext: 2220)
DATE: August 27, 2009
SUBJECT: Notice Regarding Measures against the New Type Influenza
(The 3rd Report)

Currently, the new type influenza infection is spreading in Japan.

This is to remind you again that individuals must report items described below to prevent spread of infection at the University.

There are possibilities of appropriate measures may take place including temporary closing of the University corresponding to requests from relevant authorities, infection status and other conditions. Please pay close attention to e-mails from the University and the University website for further notice.

NOTE

1. Reporting Infection

In any of the following cases, please be sure to contact the University by telephone, and follow the instructions.

When you diagnosed (or suspected) as infected with new type influenza.

When you have been identified as an individual who has (come into) close contact with a new type influenza patient.

(Phone numbers to contact)

Day-time contact (Mon-Fri, 8:30 a.m. to 5:30 p.m.): 0242-37-2500, the General Affairs Section, the General Affairs and Budget Division

Night-time contact (Mon-Fri, 5:30 p.m. to 8:30 a.m.) and Saturdays, Sundays and Holidays: 0242-37-2700, the Security Office

The University will contact you as soon as the University receives the relevant information from the Security Office.

2. Reporting after Returning from Overseas

Faculty, administrative personnel or students of the University of Aizu who or shoes housemate(s) went overseas and returned to Japan must report items listed below (Reporting Items)

Name of the reporter

Name(s) of travelers (identify each individual by "self" or "housemate" after his/her names.

Names of countries and regions traveled.

Period of the travel

Health condition after return to Japan (If no symptoms of flue are detected, please enter "nothing abnormal detected (NAD)". If you have any symptoms,

please explain the details of the symptoms.

Method for reporting: Via e-mail

Addresses for reporting:

Faculty members: cl-manage@u-aizu.ac.jp (The Management Section,
the General Affairs and Budget Division)

Students: cl-health-welfare@u-aizu.ac.jp (The Student Health and
Welfare Service Section, the Student Affairs Division)

3. Others

(1) Preventive Measures

Avoid crowds as much as possible when you go out.

Put on a face mask when you are in crowds.

Frequent hand-washing

Gargling

Those who have asthma, those who have hepatic dysfunction, those who periodically take steroids orally and those who are pregnant are particularly encouraged to be cautious about infection.

(2) When you have the new type influenza symptoms

Do not force yourself to come to school or work, but take rest.

Please see a doctor and get a prescription medicine. Recuperate at home at least 7 days after from the date you started having symptoms.

Notes for when you consult at a medical institution

- Please call a medical institution such as your family doctor first before visiting the institution for consultation.
- Put on face mask when you visit medical institution.
- Tell the doctor if there are any influenza patients around you.

Symptoms of new type influenza are,

- Sudden onset of fever (38~40)
- Chills, headaches, muscle aches and diarrheas.

(Symptoms of a common cold start with sore throats and/or runny nose then gradually developing fever)

(3) Consultation Service for New Type Influenza [Only weekdays from 8:30 a.m. to 5:30 p.m.]

- Aizu Region Health and Welfare Office [Phone: 0242-29-5203]
[FAX: 0242-29-5513]
- Medical and Nursing Care Division of the Prefectural Government
[Phone: 024-521-7995]
[FAX: 024-521-2191]

教職員 各位
学生 各位

理 事 長

新型インフルエンザに関する対応について（第3報）（通知）

現在、国内において新型インフルエンザの感染が拡大しております。

本学における感染拡大防止の観点から、下記のとおり報告するよう改めて通知いたします。

なお、今後、関係機関からの要請や感染状況等を踏まえ、臨時休業等適切な措置を取る可能性がありますので、大学からの電子メールや本学ホームページを注意してご覧下さい。

記

1 感染の報告

以下の場合、必ず大学に電話連絡し、指示に従ってください。

新型インフルエンザに感染している（感染している疑いがある）と診断された。

患者の濃厚接触者と特定された。

（電話番号）

平日（月～金、8:30～17:30） 0 2 4 2 - 3 7 - 2 5 0 0

夜間（17:30～8:30）、土日・祝日 0 2 4 2 - 3 7 - 2 7 0 0

警備員室から連絡を受け、大学から連絡を差し上げます。

2 帰国後の報告

本人もしくは同居者が海外から帰国した場合、以下の項目を報告願います。

（報告項目）

氏名

渡航者（「本人」「同居者」「本人及び同居者」のいずれかを記載）

渡航国・地域名

渡航期間

帰国後の症状（異常がない場合は「異常なし」と記載。異常がある場合はその具体的な内容を記載）

（報告方法）電子メール

（報告先）教職員：cl-manage@u-aizu.ac.jp（事務局総務予算課管理係）

学 生：cl-health-welfare@u-aizu.ac.jp（学生部学生課学生支援係）

3 その他

（1）予防方法

人混みへの外出を避ける

人混みでのマスク着用

頻繁な手洗い

うがい

ぜん息や肝機能障害の方、ステロイドを定期内服している方、妊娠している方は特に注意してください。

(2) 症状が出たときの行動

無理して登校・出勤せずに休む

必要に応じて治療薬をもらい、症状が始まった日から7日間は自宅療養

医療機関受診時の注意

- ・かかりつけ医など医療機関にあらかじめ電話をした上で受診
- ・受診時には必ずマスクを着用
- ・受診時に周囲でのインフルエンザ患者の有無を伝える

新型インフルエンザの症状

- ・急な発熱(38~40度)
- ・悪寒、頭痛、筋肉痛、下痢

(風邪は、のどの痛みや鼻水で始まり、その後に徐々に熱があがるという違いがあります。)

(3) 新型インフルエンザ相談窓口(平日 8:30~17:30のみ対応)

- ・会津保健福祉事務所 電話0242-29-5203
FAX0242-29-5513
- ・県庁医療看護課 電話024-521-7995
FAX024-521-2191

(事務担当 事務局総務予算課管理係 内線2220)