

24 September 2009

From Professor Minoru Wakita, Vice-President, Hokkaido University

To all Hokkaido University students

Prevention of H1N1 Influenza and Countermeasures in the event of Infection

All Faculties and Schools will resume classes following the end of summer vacation from Monday 5 October. According to newspaper and television reports, a rapid increase in cases of type A influenza (including H1N1) is forecast as likely in the coming months.

In order to prevent the spread of infection we ask all students to take the following measures at home and at the University.

1. Prevention of infection

Wash hands and gargle as necessary both at home and at the University. Students with symptoms such as high temperature (38 degrees and above) or coughs should stay home as far as possible. If going out is unavoidable, students should wear face masks and observe coughing etiquette (using handkerchiefs and sleeves when coughing).

2. Medical treatment

Students who develop influenza-like symptoms such as high temperature and cough should seek treatment as soon as possible at their nearest medical facility, **after first arranging the time and method of treatment by telephone**. Masks should be worn at the time of treatment, in order to prevent the spread of infection.

3. Reporting infection

Students diagnosed as having contracted type A influenza or novel influenza should promptly notify their Faculty or School (between 8.30 and 17.00 on weekdays).

4. Staying home during recovery

Students diagnosed as suffering from type A influenza or novel influenza should follow medical advice and rest at home for two days following recovery from fever and cough symptoms. The University will treat these cases as periods of suspended attendance and will notify teachers of subjects concerned so that students are not penalized by being treated as absent.

5. Checking the homepage

Information on type A influenza will be updated as required on the University homepage (including the mobile site). Please check this daily.

It is also possible that measures such as the cancellations of classes may be required by health authorities. Again, please check the University homepage daily for any details, as well as following television, radio and newspaper reports.