

Influenza Consultation Centers

1. Influenza Consultation Centers

The following centers are equipped with influenza general consultation centers. The available consultations times are written below.

Local Influenza Consultation Centers

Location	Phone Number	Open from:
Niikawa Health and Welfare Center	0765-52-2647	
Niikawa Health and Welfare Center (Uozu Branch)	0765-24-0359	
Chubu Health and Welfare Center	076-472-1234	Weekdays 9 a.m-5:30 p.m.
Takaoka Health and Welfare Center	0766-26-8414	
Takaoka Health and Welfare Center (Imizu Branch)	0766-56-2666	(Can be reached in an emergency after hours or on holidays)
Takaoka Health and Welfare Center (Himi Branch)	0766-74-1780	
Tonami Health and Welfare Center	0763-22-3512	
Tonami Health and Welfare Center (Oyabe Branch)	0766-67-1070	
		Weekdays 9 a.m.~5:30 p.m.
Toyama City Health Center	076-428-1155	(Please contact Toyama City Hall at 076-431-6111 after hours or on holidays)

Consultations are also available at the Toyama Prefectural Health Division.

Weekdays 9 a.m.-5:30 p.m. Please call 076-444-3225.

3 If you need an interpreter for your consultation, please contact the Toyama International Center (TIC) at 076-441-5654.

Available Times for Foreign Language Consultations/Interpretation Services at TIC:

	Mon	Tue	Wed	Thu	Fri
Portuguese	13:00-17:00	12:30-16:30	9:00-12:00 13:00-17:00	12:30-16:30	13:00-17:00
Chinese	13:00-17:00	12:30-16:30	13:00-17:00	-	13:00-17:00
Russian	-	-	13:00-17:00	-	13:00-17:00
Korean	-	-	13:00-17:00	-	-
English	13:00-17:00	-	13:00-17:00	-	13:00-17:00

※Closed on Holidays

FAQ Regarding H1N1 Flu

Can I get infected with H1N1 flu from eating pork?

Pork and processed foods are not a mode of transmission for H1N1 flu. Even in the unlikely event the virus is present on pork or processed foods it is easily destroyed when cooked at a temperature above 71 degrees Celsius.

What should I do in order to prevent the spread of influenza?

Please form the following habits:

- 1) Follow coughing etiquette.
- 2) Cover your mouth and nose with a tissue when you cough or sneeze.
- 3) Immediately throw away any used tissues.
- 4) Turn your head away from others and separate yourself by at least one meter when you cough.
- 5) Regularly wash your hands and gargle.
- 6) Be especially vigilant about hand washing and gargling after returning home from an outing.
- 7) Wear a mask.
- 8) Wear a mask when you have a cough or other flu-like symptoms to prevent spreading germs to others.

While Traveling Overseas, What Precautions Should I Take?

- Drink plenty of water, maintain a sufficient food-storage, and avoid going out unnecessarily
- When you do go out, avoid crowds. Also, in order to prevent contracting or spreading contagions wear a mask.
- Wash your hands often and use mouthwash.
- Since the virus is spread through the mucous membrane, be careful not to touch your eyes, nose, and mouth.

If you are experiencing symptoms similar to influenza, such as a cough or fever, get checked out at a local medical center promptly.

Upon returning to your home country report to the airport's quarantined health consultation room if you have a high fever or cough. Should similar symptoms

surface upon returning home, contact your family doctor or a clinic near your home and schedule a check-up.

What should I do if influenza-like symptoms such as a sudden fever appear?

Contact your family doctor or clinic in your neighborhood and schedule a check-up. Please follow the instructions you receive from the clinic.

What should I be careful of at the time of my check-up?

- Report your symptoms to the reception desk at the clinic and follow their instructions.
- Wear a mask to your appointment. For those who don't own a mask, please consult with the clinic.
- If you are pregnant or suffer from a chronic illness, be sure to inform the doctor.