

Reference: Prime Minister's Office of Japan website, MHLW website

What is influenza?

- **A respiratory illness caused by infection with influenza virus**
Influenza A spreads around the world every year with small changes in the antigenicity of the virus
- **Influenza B does not change every year**

Note: New strains of influenza have markedly different antigenicity from A and B types

Symptoms

- **Fever of 38°C or higher, headache, joint pain and muscle pain appear relatively quickly**
- **Like the common cold, sore throat, runny nose and cough also appear**
- **In some cases, children can develop acute encephalopathy and elderly with low immunity can develop pneumonia or other severe conditions**



◆ Difference between influenza and common cold symptoms

	Influenza	Cold
Symptoms	High fever, headache, joint pain, muscle pain, sore throat, cough, runny nose	Sore throat, cough, runny nose, congestion, sneezing, cough, fever (elderly may not experience high fever in some cases)
Onset	Rapid	Slower
Location	Full body, including deep lethargy	Localized to nose, throat

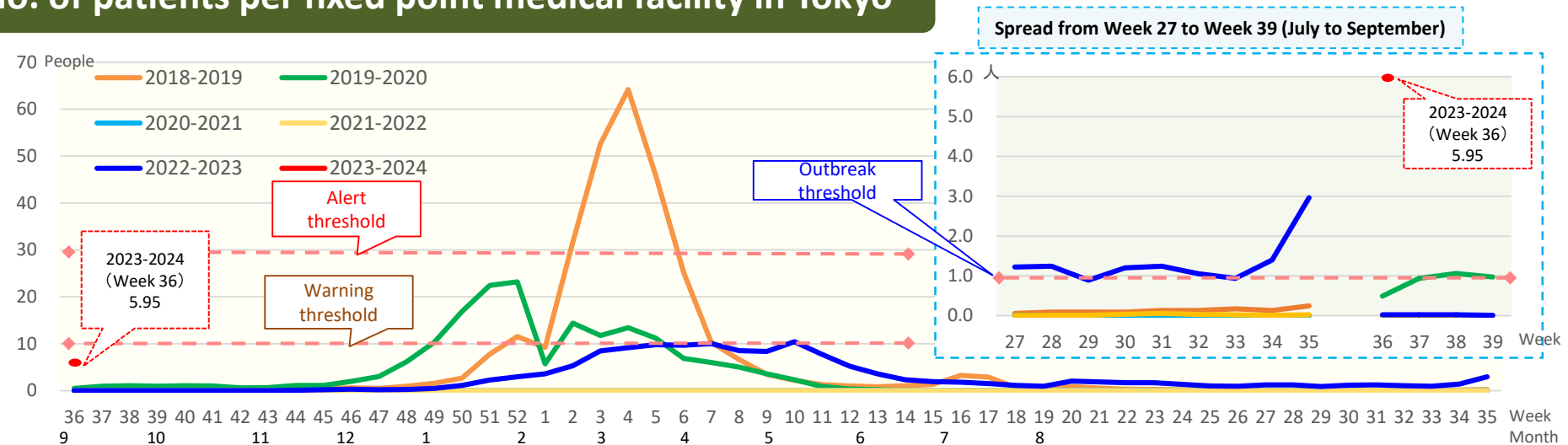
Seasonality

- **Season in Japan typically December to March**
- **Once influenza begins to spread, it infects a lot of people in a short time**

Influenza – Infections in Tokyo-

No. of patients per fixed point medical facility in Tokyo

Ref: Tokyo Metropolitan Infectious Disease Surveillance Center website



- Influenza is seasonal, therefore the influenza tracking survey year runs from Week 36 to Week 35 of the following year.
- The 2023-2024 season began on September 4, 2023
- **Influenza has been sporadic since last season. At the start of this season (Week 36, September 4-10), reported numbers at Tokyo fixed point medical facilities were 5.95**
- The rule of thumb for the start of an outbreak, 1.0 patients per hospital, continues to be exceeded and recently there has been an increasing trend

Take the basic measures to protect yourself from infection so you don't catch the flu or pass it on

Influenza – Prevention and vaccination-

Preventing influenza

Effective ways to prevent influenza

① Handwashing, gargling and disinfection

- Basic infection prevention

② A balanced and nutritious diet

- Boost your immunity

③ Avoid crowded areas

- Masking is recommended where effective
- Alcohol-based disinfectants kill the flu virus

④ Maintain ideal humidity

- Dry air reduces the defences of the respiratory tract lining

⑤ Good ventilation

- As for COVID-19, good airflow helps

⑥ Flu vaccine

Based on the Immunization Act, seniors are to receive regular vaccination

- Reduces the chance of symptoms after infection
- Prevents further worsening of any symptoms that do appear

Influenza information

(Tokyo Metropolitan Infectious Disease Surveillance Center)

Link

<https://idsc.tmiph.metro.tokyo.lg.jp/diseases/flu/flu/>



Vaccination

- Many municipalities start their regular flu vaccinations for the elderly in October
- For information on the timing of distribution of vaccination coupons and where you can receive a shot, please contact your local municipal office.

<Volume of vaccine supply>

① Vaccine supply in FY2023 was 31.21 million vials, enough for a normal year

② As of end September, volume to be shipped out for the fiscal year was over half of that at around 16.6 million vials (doses for about 33.2 million adults)

<2023/24 season flu vaccines>

This season, the following quadrivalent vaccines are being used

A(H1N1)	A/Victoria/4897/2022
A(H3N2)	A/Darwin/9/2021
B (Victoria)	B/Austria/1359417/2021
B (Yamagata)	B/Phuket/3073/2013

Influenza – in an outbreak-

If you catch influenza

● If you suspect influenza and you feel unwell, quickly visit a doctor for a diagnosis

● To prevent transmission, **contact the clinic you plan to visit and inquire as to times and how you will be seen**

Best ways to deal with the flu

- ① Bed rest in a quiet place
- ② Drink plenty of water
- ③ Do not go out (except to see doctor) until 2 days after fever goes down
- ④ Observe cough etiquette and wash your hands

Beware:

- Infants and children with influenza may behave erratically, for example suddenly running or rushing out of a bedroom
- Infants and children diagnosed with influenza must not be left alone for at least 2 days after the start of treatment

Precautions when looking after an influenza patient at home

Tips for caring for someone with the flu

Precautions when looking after an influenza patient at home

Take care not to spread the bug

How does influenza spread?

Influenza infection is transmitted by droplets in the air and by contact. Stop the spread with cough etiquette, handwashing and disinfection.

Droplet infection

This is transmission by inhaling the virus-bearing respiratory droplets released by an infected person's cough or sneeze.

To prevent infection, use "cough etiquette", avoiding coughing or sneezing directly at others, by covering the mouth and nose with a mask or tissue.

Contact infection

Transmission occurs when hands bearing the virus touch the eyes or nose.

Washing or disinfecting hands will prevent this.



7 tips for carers

① Decide who will be carer

- If possible, decide on one person to tend to the ill.
- Other family members should avoid any unnecessary interaction with the ill.

② Use disposable mask and gloves when in the room with the ill person

- When tending to the patient, wear a non-woven fabric disposable mask. Wear gloves if cleaning up messes such as vomit.

③ Set up a restful environment for the patient

● If possible, have the sick person rest in their own room so that other family members do not have to move. Avoid unnecessary outings or meetings where possible.

● The patient should wear a non-woven fabric disposable mask. Change it every day.

● Place a rubbish bin near the sick person so that they can immediately dispose of used tissues.

● Ensure the sick person is using separate towels and cups from the rest of the family.



Health management for the influenza patient

● It is important to get plenty of sleep and to rest in a quiet space.

● Go to see a doctor if any of these symptoms arise:
- Spasms causing unresponsiveness, breathing difficulties, continued vomiting or diarrhoea, long-lasting or sudden deterioration of symptoms

● To prevent dehydration from high fever, hydrate frequently.



Check this link for details of the leaflet

<https://www.hokeniryo.metro.tokyo.lg.jp/kansen/influ.files/kango.pdf>



TB (class 2 infectious disease)

An enduring cough is a red flag A cough lasting more than 2 weeks could be tuberculosis!

TB Prevention Week: September 24-30 every year

What is TB?

Source: Tokyo Metropolitan Infectious Disease Surveillance Center website

- Infection by Tuberculosis bacillus (classified as a class 2 infectious disease under the Infectious Disease Law)
 - A doctor who diagnoses TB is obliged to report it immediately to the nearest public health center
- When a person infected with TB becomes symptomatic, coughing or sneezing sprays droplets containing TB bacilli into the air. When the water droplets evaporate, the droplet nucleus becomes airborne and if anyone inhales these, they are infected (airborne infection)

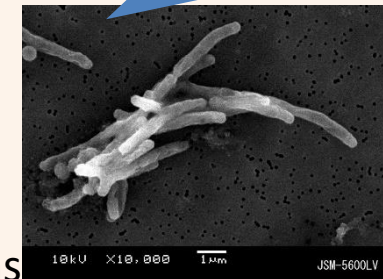
Main symptoms

Latency

- Six months to a year

Symptoms

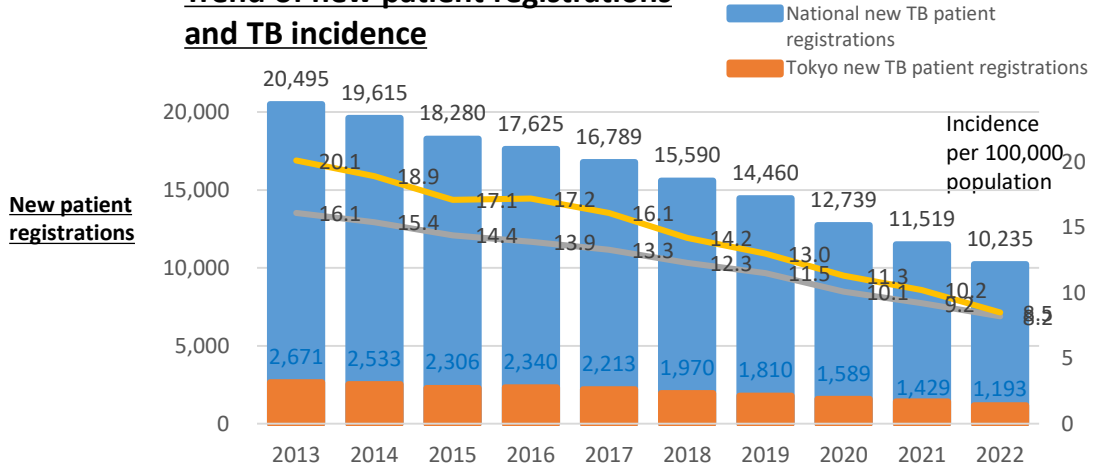
- Onset of cough, phlegm and mild fever
- Bloody phlegm, loss of appetite and weight loss are seen in some cases
- When symptoms are left untreated, the pulmonary lesions expand and can lead to breathing difficulties
- Lesions can also form in bone, gut, kidneys and other organs



TB – current infections-

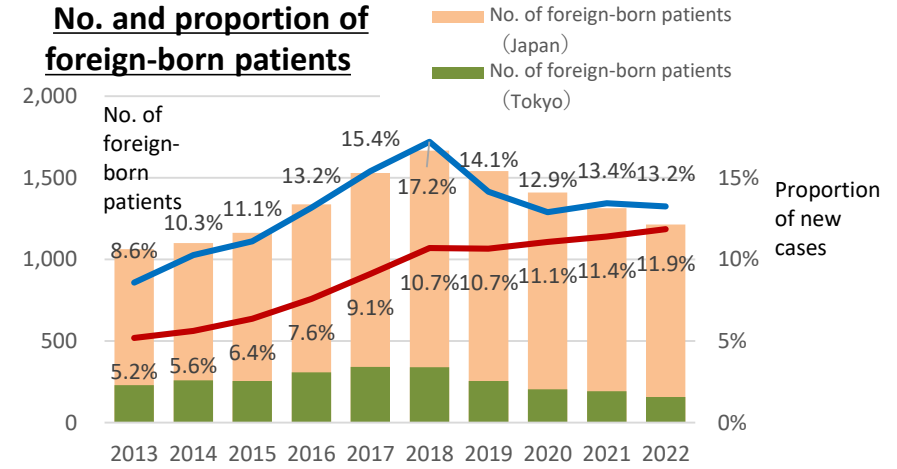
Trend in TB patients

- Trend of new patient registrations and TB incidence**

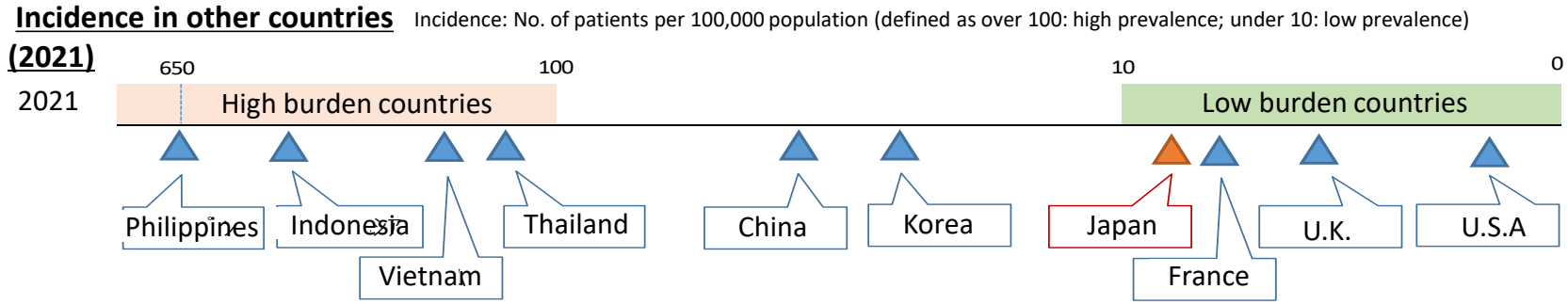


Source: Annual report on the survey of registered tuberculosis incidents (MHLW), et. al

- No. and proportion of foreign-born patients**



- Incidence in other countries (2021)**



- Although the number of newly registered tuberculosis patients is decreasing year by year, more than 10,000 people are infected annually in Japan
- The proportion of foreign-born new TB patients in Japan is rising
- Japan had low prevalence in 2021, but higher prevalence than the West

⇒ Increased cross-border travel means more opportunities for infection

TB is not a disease of history

Preventing TB

Source: Tokyo Metropolitan Infectious Disease Surveillance Center website

Key prevention pointers ① Immunization ② Cough etiquette ③ Regular medical check-ups

① Get immunized

- BCG vaccine is administered to prevent severe symptoms when young children are infected
- Vaccinate before 12 months of age

② Use cough etiquette

- When coughing or sneezing, use a tissue or mask to cover your mouth and nose to stop droplets from directly reaching others



③ Get regular health checks

- An annual chest X-ray is important for early detection of health issues
- If you do not have the opportunity for a check-up through school or work, inquire to your local municipality



TB countermeasures

If you have been coughing for more than 2 weeks, go to see a doctor!

***If you are concerned that you may have been in contact with a TB-infected person, please consult your local public health center**



TB –TB Prevention Week(Sept. 24-30)initiatives in Tokyo-

PR campaign

• Advocacy film screening

- Tokyo Metropolitan Government Building No.1, Shinjuku Station West
Friday Sep. 15 to Saturday Sep. 30

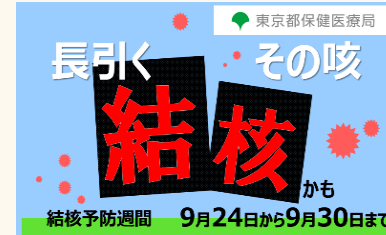
• Free health checks and promotion items giveaway

- UDX Savonius Plaza (3 minutes' walk from Akihabara Station)
Saturday, Sep. 23, 13:00-16:00 (joint event with Tokyo Anti-Tuberculosis Association)

• Illumination in TB prevention movement colors (red)

- ① Tokyo Metropolitan Government Building No.1 18:30-22:00, Sep. 24-30
- ②The 10 bridges of the Sumida River
Sunday, Sep. 24, sunset to 22:00
- ③Tokyo Waterfront City (Tokyo Big Sight, Odaiba Statue of Liberty, etc.)
Sunday, Sep. 24, according to illumination hours of each location

*Red, the color of the two-barred cross, symbol of the international TB prevention movement



● Advocacy poster



Japan Anti-Tuberculosis Association)

● TB 2023

A compilation of all TB information for Tokyo.
For details, go to the TB 2023 link



Link
<https://idsc.tmiph.metro.tokyo.lg.jp/assets/diseases/Tb/kekkaku2023.pdf>



TB information

(Tokyo Metropolitan Infectious Disease Surveillance Center)

Link
<https://idsc.tmiph.metro.tokyo.lg.jp/diseases/tb/>

