

April 17, 2019

ATTN: All Students and Instructors

Influenza Warning

As of April 16, many schools in Miyagi Prefecture have canceled classes due to widespread influenza or influenza-like symptoms. The Student Health Care Center has also confirmed that a number of our students have been infected.

We therefore ask for your cooperation with the following:

-Be aware that influenza's major symptoms are fever, fatigue, loss of appetite, and coughing, but can also include runny nose, sore throat, nausea, vomiting, and diarrhea.

-To prevent infection:

1. Wear a mask to prevent infection due to coughing/sneezing.
2. Wash hands and gargle frequently.
3. Try to avoid crowded places.
4. If you develop a fever or other symptoms, call a clinic/hospital and follow their instructions to arrange a consultation.

Student Health Care Center Director