

## **Japan Reishi Association Press Release on Influenza A (H1N1)**

### **(November 12, 2009)**

The Influenza A (H1N1) is a subtype of the Influenza A virus which started a serious outbreak in the end of March 2009. The World Health Organization (WHO) has now since raised the level of influenza pandemic alert to phase 6. Until now, there have been more than 480,000 recorded cases of the H1N1 virus, and including over 6000 deaths.

#### **Influenza A (H1N1) Symptoms**

The initial symptoms of influenza A virus subtype H1N1 are similar to those of the seasonal flu including fever, cough, headache, muscle or joint pains, sore throat, sneezing, and sometimes even involving vomiting and diarrhea.

#### **The routes of infection and seriousness of Influenza A (H1N1)**

Like other influenza viruses, the A virus subtype H1N1 is typically contracted by inhaling air that has been contaminated by an infected person coughing or sneezing, or by touching one's nose or mouth with hands that have been exposed to contaminated surfaces that have not been disinfected.

Luckily, most people who get A virus subtype H1N1 can recover without taking any anti-viral medicine. The serious cases occur in patients with weak immune systems or chronic health problems. The World Health Organization (WHO) warns people not to underestimate the impact of H1N1 because of the virus's ability to change into a more lethal form. Despite the fact that the H1N1 virus has a low death rate, its power to spread quickly should make every country try with their best efforts to control it.

#### **A friendly reminder from the Japan Reishi Association (JRA):**

1. Wash your hands frequently with soap and especially before meals.
2. Stay away from crowded places if possible.
3. Maintain a sanitary environment and keep fresh air circulating.
4. Cover your cough or sneeze with a tissue.

For more information, visit the WHO website: <http://www.who.int/csr/disease/swineflu/en/>