

To: All TMDU Academic Staff, Administrative Staff and Students
From: TMDU
Re: Measures taken against the new influenza outbreak
(Updated as a consequence of the outbreak of the new influenza A (H1N1) virus)

This document updates the existing measures that were set forth on August 3, 2009, as a result of the outbreak of a group infection with the new influenza.

Influenza Policy for TMDU

- It is difficult to distinguish between the new influenza and seasonal influenza. It is also anticipated that infections caused by both types of influenza may coexist. Thus, you are strongly recommended to receive a vaccine for seasonal influenza before the coming flu season, if at all possible.
- The basic measures regarding influenza are prevention of infection and outbreak. Please strictly observe the necessary procedures: washing your hands with soap, gargling, and practicing good cough etiquette (covering your mouth with a handkerchief or tissue paper as you cough; wearing a mask for a bad cough).

Procedures

I. **The following measures regarding the emergence of influenza-like symptoms should be strictly observed.**

- At TMDU, we do not distinguish between the new influenza and seasonal influenza: the two types are treated comprehensively as influenza-like symptoms.
- **You are deemed to be infected if you have a fever above 38 °C and any of the following symptoms: (1) a sore throat, (2) a cough, or (3) a temporarily raspy voice. In such a case, inform the university and voluntarily refrain from coming to school.**
- You do not need to see a doctor at a medical institution. If the symptoms are mild, you may stay home until you recover, as per the guidelines below.

II. **Return-to-work guidelines — to be observed strictly:**

- Teachers and office staff (who do not work at hospitals) may return to work **24 hours** after disappearance of fever. Notification to the university is required.
- Although the amount of virus emission decreases 24 hours after the fever disappears, the virus (in approximately 80% of the cases) is still being emitted.
- **For 2 days after returning to work, you are strongly advised to wash your hands carefully, gargle well and wear a mask.** Also, be careful not to have contact with persons whose immune functions are at a lowered level, such as due to pregnancy, diabetes, or another condition.
- Students and medical staff are **not allowed to work for 48 hours** after disappearance of fever.
- The frequency of virus emission after 48 hours of disappearance of the fever

may be as low as 40%. However, one should still be vigilant about preventing any spreading of the influenza virus. Please observe the guidelines above for two (2) days after returning to work.

- If no symptoms as described above appear for the first 2 days after returning to work, you act as usual thereafter.

III. The following measures for contactees are thoroughly observed.

- All those who have contact with a person having influenza-like symptoms are considered "contactees".
- Those who encounter an infected person at an on-campus facility such as in a corridor or at a cafeteria are not included in this criterion. However, if you have a long conversation with an infected person (or one whom you suspect to be infected), you are deemed to be a contactee and are requested to behave appropriately as described below. (Notification to the school is not required.)
- Contactees need not stay home. However, contactees should monitor their temperature every morning for four (4) consecutive days.
- In case you have a fever above 37.5 °C and any flu-like symptoms, such as sore throat, a cough, or a temporarily raspy voice, please observe Guideline II above.
- Wash your hands carefully, gargle well, and wear a mask for four (4) days.
- If you do not recognize any symptoms during this four (4) day time period, you can act as usual thereafter.

IV. The guidelines from this time

- Depending on infectability and virulence, the guidelines and preventive measures may change. Please consult the homepage periodically for the latest information.

TMDU Infectious Disease Control Office:

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(For weekends or holidays, please contact the office on the first available business day.)

* For hospital staff, please also refer to guidelines from infection countermeasures offices of each hospital.

As a medical or dental professional, please make every effort to avoid spreading the Influenza A (H1N1) virus.

Thank you for your attention.

August 28, 2009
Tokyo Medical and Dental University
Infection Disease Control Office