

<Health> —Changing Seasons—

In November, we begin to move towards winter: the days become noticeably shorter, and you have to use heaters morning and night and wear thick coats. The lower temperatures and dryer air in winter make it easy for viruses to multiply. This is why the number of cases of colds, flu, bronchitis, pneumonia, bronchial asthma and other illnesses involving the respiratory system increase around the time when the seasons change. Today, we will be giving you some advice on simple methods you can use in your daily lives to help avoid the flu.

First, if you're feeling a little tired, get some rest. Have something nutritious to eat, keep yourself warm, and go to bed earlier. When you come in from outside, don't forget to wash your hands and gargle. Washing your hands prevents diseases that are spread by contact, while gargling helps prevent diseases that are spread through the air. Avoid crowds as much as possible, and it's also a good idea to wear a mask when you do have to be out in a crowd. Pay attention to information about outbreaks of flu. Another good method of preventing the flu is to get a vaccination, if your local health center is offering them. The vaccine won't become effective until around two weeks after you receive it. Flu outbreaks occur between December and March, so it's best to get vaccinated by the middle of November.

<健康>—季節の変わり目—

11月になると、めっきり日が落ちるのも早くなり、朝晩はストーブ等の暖房器具を使ったり、衣服も厚手の上着が必要になるなど、季節は冬に向かいます。冬は気温が下がり、空気が乾燥するため、ウイルスが繁殖しやすくなります。季節の変わり目にかぜやインフルエンザ、気管支炎、肺炎、気管支ぜんそくなどが増えるのは、このためです。そこで今回は、研修生・技能実習生のみなさんに日常生活で簡単にできるインフルエンザの予防方法をお教えします。

まず、「ちょっと身体が疲れたな。」と思つたら、十分な栄養をとり、暖かくして、早めに眠るなどして休養しましょう。外出から帰った時には手洗いとうがいを忘れずに。手洗いは接触による感染を、うがいは空気からの感染を防ぎます。なるべく人混みを避けると同時に、人混みの中ではマスクを着用するのもひとつの方法です。また、インフルエンザ流行等の情報にも注意を払い、地域の保健所等から案内があれば、流行前にワクチン接種を受けることも効果的な予防法です。ワクチンは接種してから実際に効果を発揮するまでに約2週間かかります。インフルエンザの流行は12月～3月ですので、11月中旬頃までに接種を終えておくと、より効果的でしょう。