

<MULTICULTURAL NOTES・^{たぶんか}多文化コラム>

Get Ready for the Outbreak Season! Measures Against Flu (Influenza) & COVID-19

^{りゅうこう}流行に^{そな}えよう！インフルエンザ・^{しんがた}新型コロナウイルス^{かんせんしょうたいさく}感染症対策

Details	Seasonal flu and COVID-19 tend to spread during the autumn and winter months . Let's check out infection prevention measures and vaccination to help avoid infection and prevent severe forms of the disease.
Basic Infection Prevention Measures	
Hand washing, gargling, practicing cough etiquette, ensuring good ventilation, etc. are effective in preventing infectious diseases, including the flu. Especially when meeting elderly people, visiting healthcare facilities or attending gatherings, Remember to take the following preventative measures:	
◆ Handwashing (to wash thoroughly with soap for 30 seconds) ◆ Gargling (to do this as soon as you get home) ◆ Cough etiquette (to wear a mask) ◆ Ventilation (to refresh the air in the room regularly)	
Effectiveness of Vaccination	
Flu and COVID-19 vaccines are effective in preventing the onset of the disease and severe cases . They are particularly effective in preventing severe cases in elder people and those with underlying health conditions . For more information, please contact the details below.	
Periodical Vaccination for Persons 65+	
Details	Part of the cost of one dose of the flu vaccine and one dose of the COVID-19 vaccine will be subsidized for the following eligible persons .
Eligibility	① Persons 65+ ② Persons aged between 60 and 64 with heart, kidney or respiratory conditions, or with compromised immune function due to the human immunodeficiency virus (HIV).
Vaccination Period	Thursday, 1 October 2026 – Wednesday, 31 March 2027
Cost	Flu vaccine: ¥1,600, COVID-19 vaccine: ¥8,000 (※The flu and COVID-19 vaccines can be administered on the same day).
Contact Details	Health and Disease Prevention Division, Health and Disease Prevention Section (<i>Hoken Yobo-ka, Hoken Yobo-kakari</i>) ☎ 0538-42-7410