ほけんだより

	common cold	influenza	pollinosis (allergy to pollen)
Time of onset	Sporadic throughout the year	Epidemic in winter	Seasonality.
Characteristics of Symptoms	Upper respiratory tract symptoms up to the nose and throat are often strong, and sometimes abdominal symptoms such as headache and diarrhea are also present.	Strong general symptoms such as high fever, muscle and joint pain	Similar symptoms persist for a long time
heat	Fever often up to 38°C	High fever of 38°C or higher	Rarely comes out, and even when it does, it is a slight fever
nasal mucus	Transparent at first, gradually turning yellow and sticky	It gets worse in the later stages.	Clear, dry, runny nose that comes out constantly.
sneeze	Often leaves, but lasts 3-4 days	May sneeze	Sneezing repeatedly
nasal congestion	Nasal congestion lasting several days	have a stuffy nose	Severe and prolonged nasal congestion
Throat Symptoms	Sore throat, swelling	Severe symptoms of sore throat and swelling	Sore throat, swelling is uncommon, but sometimes there is a gagging sensation
cough	Cough lasting several days	Cough symptoms are severe and last for several days	May cause coughing

Hand washing is one of the ways to prevent infection. Depending on how you wash your hands, the number of viruses remaining on your hands will vary, as shown in the table on the right. Viruses are scary because they are invisible. Let's wash our hands correctly and effectively to keep our bodies safe from viruses.

Effect of hand washing time

How to wash hands	Number of residual viruses (residual rate)
not washing one's hands	Approx. 1 million pieces
Handwash under running water for 15 seconds	Approx. 10,000 (approx. 1%)
Wash hands with hand soap for 10 or 30 seconds, then rinse under running water for 15 seconds.	Approx. 100 (approx. 0.01%)
Wash hands with hand soap for 60 seconds, then rinse under running water for 15 seconds.	About 10 (0.001%)
Wash hands with hand soap for 10 seconds, then rinse under running water for 15 seconds and repeat twice.	Approximately a few (approx. 0.0001%)