

# SHIN-EI Journal

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## Words of the Month

**Dreams come true over time in the effort and determination.**  
Management Department

## Watch Out for Fire

Warm autumn is over, and it's getting colder day by day. When humidity drops from autumn to winter, air gets dry and it increases the risk of fire. According to the Fire Department, 39,373 fires occurred in FY2017, and it increased by 2,542 fires compared to FY2016.

Top 3 causes of residential fires are tobacco, arson and kitchen stove. Follow the 3 good habits below and engage in fire prevention.

1. Never smoke in bed
2. Place the heater away from combustible items
3. Turn the oven off when leaving cooking unattended

If you are interested in fire insurance, ask our staff or Sincero for more information.



## Stay Away from the Flu

1. **Flu Vaccine Shot**...Even if you get flu shot, you might still get sick. But, it is reported that the flu shot reduces the risks of severe symptoms. **Get the shot, and prevent spreading it to other people.**
2. **Handwashing**...Handwashing is the effective way to remove virus from your hands. It's the basic for any kinds of infection prevention.
3. **Proper Humidity**...Dry air weakens defense function of your throat and increases the risks of getting the flu. Humidifier can help maintaining proper humidity between 50-60%.
4. **Enough Rest and Balanced Meals**...Have enough rest and balanced meals on daily basis to boost your immune system.
5. **Avoid Crowds**...In the flu season, it's better to refrain from going out to crowded and busy places. If you need to go out, wear a mask and make it quick.

**As mentioned above, the flu shot can reduce the risks of severe symptoms. Ask your doctor for more details. We recommend you to have the shot.**



## Winter Holidays

Shin-Ei office will be closed from December 29, 2018 (Sat) to January 6, 2019 (Sun).

What are you planning for winter holidays? During holidays, days and nights get easily reversed. You might also have many occasions to drink alcohols. NEVER drive under the influence and take care of your health.



Thank you for your hard work during 2018! Let's have good start for the new year of 2019!