

Hiroshima NOW

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Norovirus Food Poisoning Awareness

ノロウイルスによる食中毒に注意 ひろしま市民と市政 11月15日号 (P2)

Norovirus is highly infectious and contagious, meaning it can be easily spread from one person to another. Alcohol-based sanitizers and hand sanitizer are not effective at protecting you from norovirus infection! Protect yourself and others from norovirus by washing your hands thoroughly with soap and water, since hand washing the best way to prevent norovirus infections.

■ Norovirus Facts

- ☒ Norovirus is a year-round risk, but the risk of norovirus-related food poisoning increases during the winter months from November to February.
- ☒ Symptoms normally develop 24–48 hours after exposure, and symptoms may include vomiting, diarrhea, fever, etc.
- ☒ Be very careful when cleaning up vomit and feces (poop) from those infected as they are contaminated by the virus.
- ☒ Wash your hands thoroughly with soap and water before cooking and be sure to thoroughly heat foods, especially shellfish (clams, oysters, scallops and others). You can catch norovirus by eating foods prepared with contaminated hands or eating undercooked shellfish.
- ☒ Alcohol-based sanitizers and hand sanitizer are not effective at protecting you from norovirus infection.



■ Tips to prevent infection

- (1) Handle and prepare food safely
People who are sick should not prepare food for others.
- (2) Practice proper hand hygiene
Wash your hands thoroughly with soap and water before eating, preparing, or handling food.
- (3) Cook food thoroughly
Cook food thoroughly to a high temperature in order to kill norovirus
- (4) Clean and disinfect surfaces
Disinfect surfaces using a bleach-based household cleaner, such as a chlorine bleach solution.



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