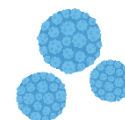


Beware of Norovirus

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 (P3)



Norovirus is highly infectious and contagious, meaning it can be easily spread from one person to another. Norovirus is a year-round risk, but the risk of norovirus-related food poisoning increases during the winter months from November to February. Exercise caution and protect yourself from infection until May at the earliest.

■ Norovirus facts

- ❑ Alcohol-based sanitizers and hand sanitizers are not effective at protecting you from norovirus infection.
- ❑ 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.
- ❑ 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 (poo) from those infected as they are contaminated by the virus.

■ Hand washing is the best way to prevent norovirus infections

Alcohol-based sanitizers and hand sanitizers are not effective at minimizing the risk of norovirus infection. Protect yourself and others from norovirus by washing your hands thoroughly with soap and water.

■ 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.

◆ How to make a bleach-based household cleaner

You will need:

- One empty 1-liter PET bottle
- Chlorine bleach solution (塩素系漂白剤 (*Ensokei-hyōhaku-zai*))
 - 👉 Use a 5% concentrated (undiluted) chlorine bleach solution (原液濃度 (*Gen'eki-nōdo* 5%)). Ask a member of staff at the drug store before purchasing.



Instructions:

- ① Pour one cap full of chlorine bleach solution into the empty PET bottle.
- ② Fill the PET bottle with water to dilute it.

Uses:

Spray or use paper towels to wipe down surfaces with the solution.

👉 Important Notes

- Wear rubber gloves when making and using the cleaner.
- Only make the cleaner directly before using it.
- **Do not drink the cleaner.** Put a label on the bottle in order to prevent accidental ingestion.



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