

LIVING GUIDE MORIOKA

MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

12-2 UCHIMARU, MORIOKA, IWATE 020-8530 / TEL 019-626-7524

E-mail info@mira-morioka.com / URL <http://www.mira-morioka.com>



Let's Prevent Food Poisoning in Winter

Did you think that food poisoning only occurs in the hot summer?

During winter, food poisoning can also suddenly increase. Beware of food poisoning in winter!



Causes of food poisoning

Food poisoning from bacteria like E. coli or Salmonella occurs from the rainy season until about September when the temperature and humidity are high. So, what causes most of the food poisoning that occurs in winter?

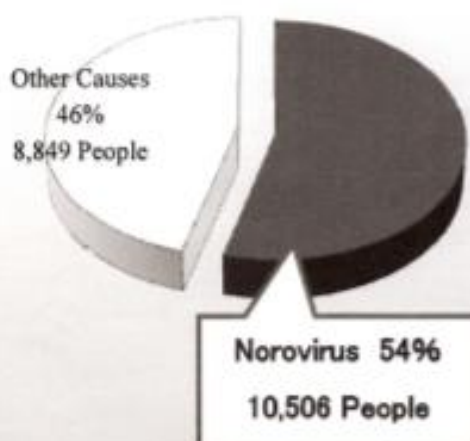
The Norovirus causes the majority of winter food poisoning. In 2014, out of those who suffered from food poisoning, the norovirus was the cause of almost 50 percent of cases.

Furthermore most cases of food poisoning caused by the norovirus occurred in winter.

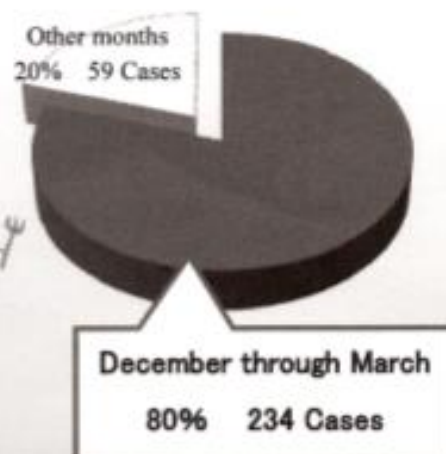
The norovirus is so highly contagious that it easily spreads from person to person, and can lead to mass infection in schools or hospitals. When it occurs, it is important to conduct adequate disinfecting procedures in order to prevent the spread of infection.



Number of cases of food poisoning according to cause



Number of cases of norovirus food poisoning according to time of year



※Reference : Ministry of Health, Labour and Welfare
Food Poisoning Statistics "Outbreaks of Food Poisoning in 2014"

How does the norovirus spread?

The norovirus usually spreads when the virus is inhaled. In the case of norovirus food poisoning, infection occurs when contaminated food is eaten, such as food which has been handled by an infected individual, or shellfish (particularly bivalve mollusks) that are raw or have not been thoroughly cooked and are contaminated with



norovirus. However infection also spreads between people not only through food, but also by touching contaminated surfaces or objects, and through the

excrement or vomit of infected individuals. If even a small amount of the virus enters the body, it multiplies inside in the intestinal tract and causes such symptoms as nausea, vomiting, diarrhea, stomachache and fever. If you come down with these symptoms, consume plenty of fluid and nutrients to avoid dehydration, and also get medical advice. When going to clinics, make a call beforehand, and follow the directions by the clinic in order to prevent the spread of infection.



How to Prevent Infection

In order to prevent infection by the norovirus, take the following steps.

- ① After coming home, when cooking, before meals, or after using the bathroom, wash your hands, including the wrists, between the fingers and under the nails thoroughly with soap. Washing twice is more effective.
- ② When cooking food (especially bivalve mollusks), heat it carefully until the center becomes 85°C or higher for 90 seconds or longer.



- ③ Wash and disinfect cooking materials such as cutting boards or cleaning cloths with diluted bleach. When using chlorine-based bleach, be sure to properly follow instructions on how to use it and be careful.
- ④ When you are not in good health, you lower your resistance against viruses. So try to keep in good health in your everyday life.

Prevent food poisoning with your diet

It is said that you can prevent food poisoning to some extent if you create better conditions in your intestinal environment. Fermented foods and cultured dairy products like natto, fermented soybeans and yogurt are listed, for example, as foods that improve the intestinal environment. If food poisoning occurs, the symptoms may be severe among people with low immunity like small children, the elderly, and those with chronic diseases. So it is important to have a balanced diet and a healthy lifestyle.

