Suita Multilingual One Stop Consultation Center

Be Careful of Norovirus Food Poisoning

ノロウイルス食中毒に気を付けましょう

Food poisoning caused by norovirus is particularly common in winter.
Norovirus is highly contagious, and even a small amount can cause infection if it enters your mouth through food or your hands. Symptoms include vomiting, diarrhea, stomach pain, and fever. Children, older adults, and people with weakened immune systems may develop severe symptoms.

■ How to Prevent Infection ■

・Handwashing

Wash your hands thoroughly with hand soap before and after cooking, before eating, and after using the restroom.

・Heating

Heat food thoroughly, not just on the surface but including the inside, at 85–90°C (185–194°F) for at least 90 seconds.

・Disinfection

Wash cutting boards, knives, dishes, and dishcloths immediately after use, and disinfect them with boiling water or sodium hypochlorite.

■ Website

https://www.city.suita.osaka.jp/kenko/1018645/1018653/1045735/1015417.html

■ Contact Information

Hygiene Management Division (Eisei Kanri-ka), Department of Health and Medical Care (Kenko Iryo-bu)
Phone: 06-6339-2226

Please contact the Suita Multilingual One Stop Consultation Center for further inquiries.