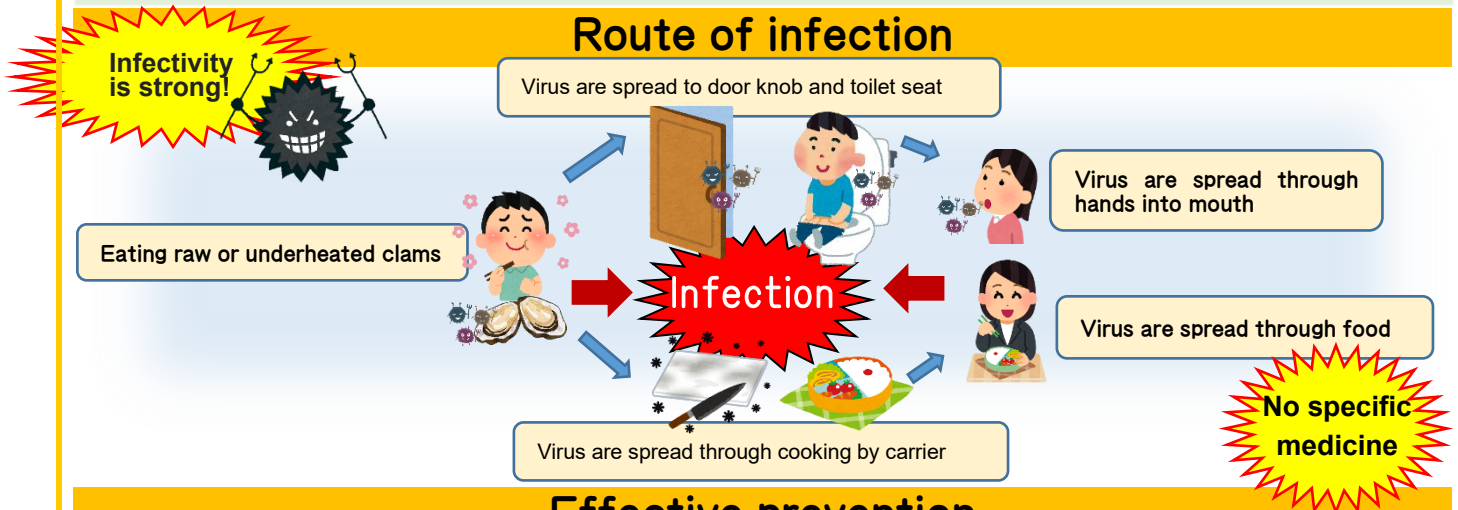




Let's prevent norovirus infection!

Infectious gastroenteritis caused by norovirus is prevalent through the year, especially November to February. Vomit, diarrhea, abdominal pain and fever up are typical symptoms. We should take care of preventing infection with correct knowledge.



Effective prevention

Heating disinfection !

- ◆ Heat more than 90 seconds keeping the central temperature between 85~90°C

- ◆ Disinfection for cooking tool

Correct Hand Washing

- ◆ Wash hands with soap

Area need caution

手の甲 back of hand 手のひら palm

- ◆ Cut nails. Take off watch and rings.
- ◆ Don't share towels.
- ◆ Wash hands before cooking and after toilet !
- ◆ Virus are spread on the tap.

Clean up vomit

- ① Wear groves, mask, apron.
- ② Use disposable paper, and close the garbage bag.
- ③ Disinfect the area using 0.02% sodium hypochlorite.

If you have infected...

- ◆ Keep body warm.
- ◆ Keep hydrated.
- ◆ Anti diarrheic medicine is not recommended.
- ◆ Lie down sideways not to get vomit stuck in throat.



Be careful after symptoms are gone...

If you make a recovery, Norovirus is excreted in stool after 1-4 weeks. Take care not to spread the virus.

Laundry



- ◆ Wash laundry separately .
- ◆ Laundry with virus should be disinfected.

Bath



- ◆ Take a bath separately.
- ◆ Don't share towels.

Clean up



- ◆ Disinfect taps, doorknobs, and toilet seat.
- ◆ Disinfect fabric using steam iron.