

Stop the Spread of Norovirus

What is Norovirus?

- Norovirus can multiply in the stomach cells of human bodies. It causes gastroenteritis, with symptoms such as vomiting, diarrhea, and stomachache
- It is contagious even when there are only 10 to 100 virus particles present.
- The virus enters the human body through hands and food. It causes gastroenteritis which usually lasts 1 to 2 days. Norovirus infections are particularly prevalent in winter, but can occur any time of the year.

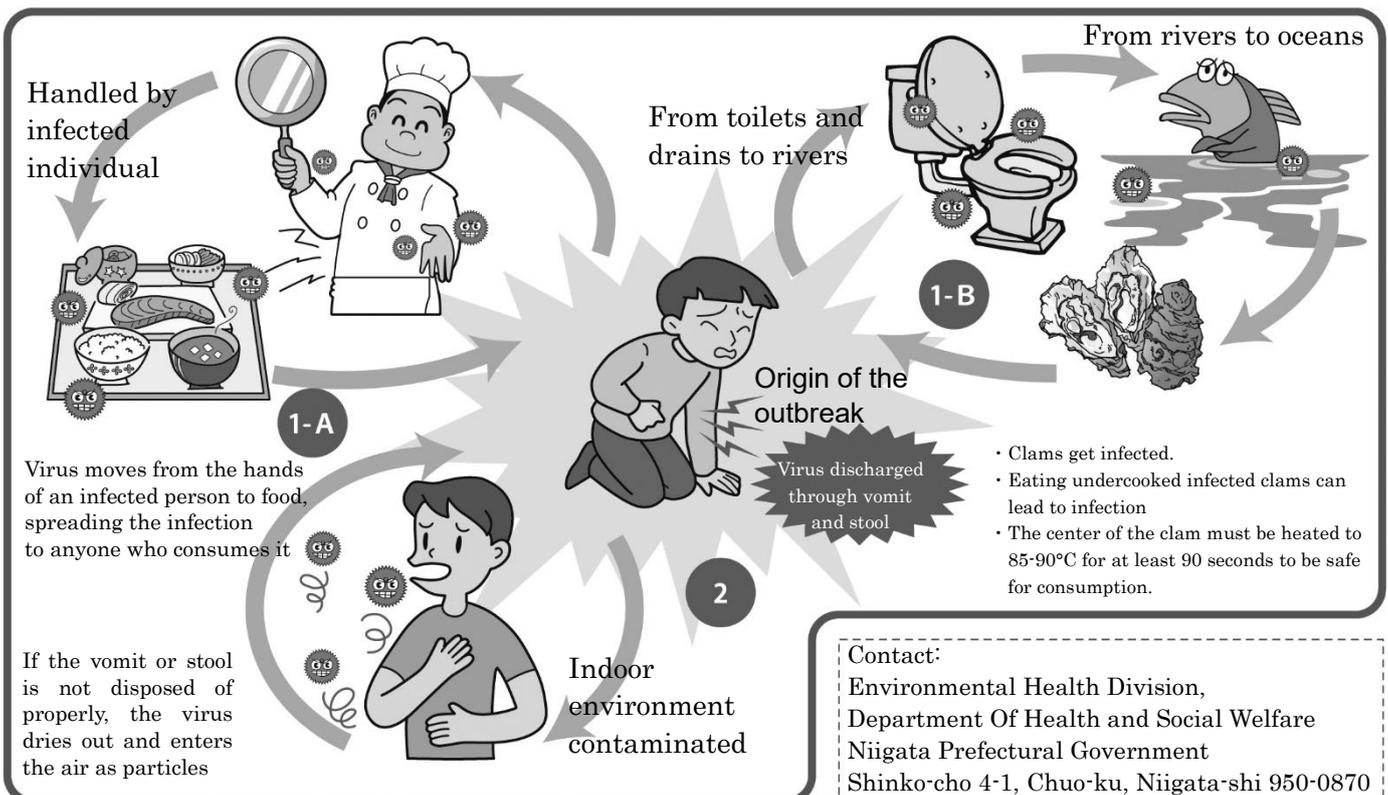


Transmission: 1. Infection through consumption of food contaminated with norovirus

- Via food handled by an individual already infected with the virus
- Via undercooked clams carrying the virus

2. Person-to-person infection

Via contact with vomit or stool from an infected individual

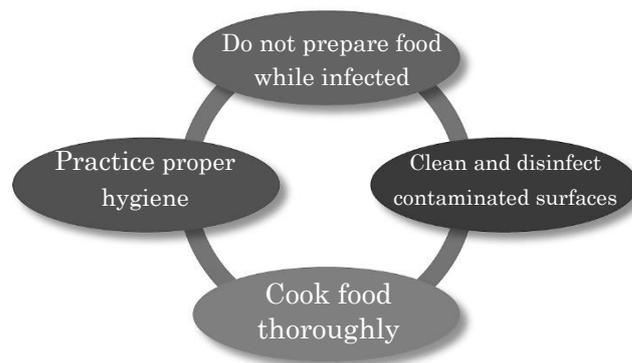


NIIGATA
PREFECTURE

Prevention Tips

4 tips for preventing food poisoning caused by norovirus

Norovirus can cause infection even in tiny amounts and causes food poisoning. To keep your environment clean and prevent norovirus, **do not prepare food if you are infected, wash your hands correctly, cook food thoroughly** before eating, **clean and disinfect your environment**, and wash laundry thoroughly.



Practice Proper Hygiene

Wash your hands

Wash your hands with soap and water for at least 20 seconds.

Before and after preparing food, every time



After using the toilet



After touching dirty surfaces

Use proper utensils and disinfect properly

Use the proper utensils for preparing each food and disinfect them thoroughly after use.

- Disinfect with heat
- Disinfect with bleach (sodium hypochlorite)

*See page 3 for disinfectant details.



Do Not Prepare Food While Infected

Health management for food handlers

Do not touch food directly if you have diarrhea, vomiting, or any other symptoms of gastroenteritis. Norovirus may be discharged in your stool for up to a month after your symptoms have subsided.



Clean and Disinfect Contaminated Surfaces

Waste disposal

Carefully dispose of vomit and stool to prevent norovirus from spreading.

*Please refer to page 4 for how to dispose of waste, and page 5 for room cleaning and sanitation.

Cook Food Thoroughly

Heating

Foods that may be contaminated (such as clams) should be cooked at least 90 seconds at 85-90°C.

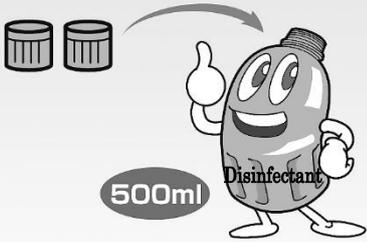
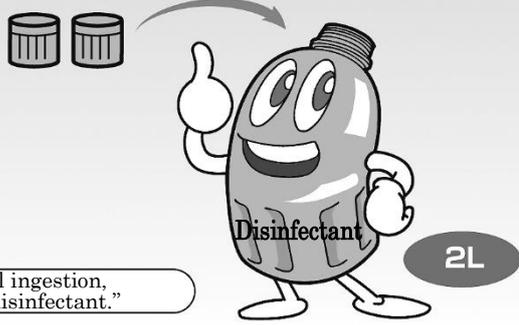


Be aware of subclinical (asymptomatic) infection!

Sometimes a person infected with norovirus will have no symptoms. Even if you are asymptomatic, norovirus can still spread through your stool if you do not adequately wash your hands. Please take measures to prevent food from being contaminated. Assume that you are infected!

How to Disinfect Against Norovirus

Chlorine-based disinfectants are effective against norovirus! Make sure to use the proper concentration.

	Disinfect areas contaminated by vomit or stool	Other areas: disinfect regularly when norovirus is prevalent (refer to page 6 for details)
Areas to disinfect	<p>After disposing of vomit or stool: floor, toilet, clothing, etc.</p> 	<ul style="list-style-type: none"> ● Cooking utensils that cannot be sterilized with heat ● Areas with direct hand contact <p>(Handrails, doorknobs, faucets, refrigerator handles, around the toilet, phones, switches, remote controls, toys, etc.)</p> 
Disinfectant concentration	<p>0.1 % (1000ppm) disinfectant solution</p> <p>Prepare a 500mL PET bottle, add 2 PET bottle caps' worth of sodium hypochlorite (bleach) to the bottle, and then fill the bottle to 500mL with water.</p>  <p>To prevent accidental ingestion, mark the bottle as "disinfectant."</p>	<p>0.02% (200ppm) disinfectant solution</p> <p>Prepare a 2L PET bottle, add 2 PET bottle caps' worth of sodium hypochlorite (bleach) to the bottle, and then fill the bottle to 2L with water.</p> 

Cautions: If you make a stock of disinfectant

You can prepare and store the disinfectant by wrapping a PET bottle in aluminum foil.

- Place the disinfectant in an accessible area to prepare for the emergency use such as for cleaning vomit, etc.
- Disinfectant made this way can only be kept for a week. Please dilute the solution with water before disposal.

To avoid accidental ingestion, label the container clearly and store it away from other bottles.



Disposing of Vomit

◎ Things to Prepare Beforehand

Disposable mask, gloves, apron, paper towels, plastic bags (2 or more), bleach solution (chlorine-based disinfectant), a container for disinfectant

◎ How to Dispose of Vomit

1



Vomit

Help the sick individual relax, and have them rest in a separate room.

Vomit

Keep others away from the vomit.



2

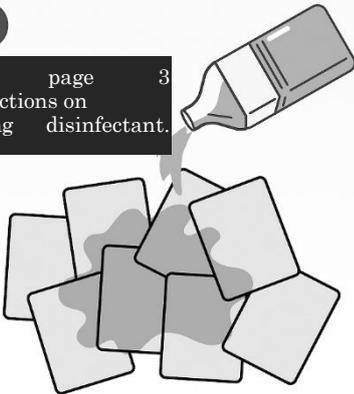


Put on a disposable mask, gloves, and apron.

Open the windows for airflow.

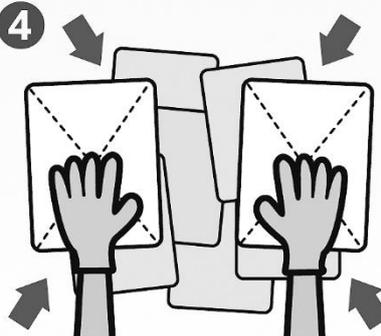
3

*See page 3 instructions on making disinfectant.



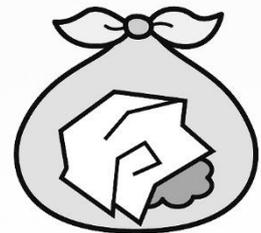
Cover the vomit with paper towels or other disposable towels, and apply the disinfectant.

4



Using paper towels or other disposable towels, wipe up the vomit from the edges, slowly moving in toward the center.

5



Place the used paper towels in a plastic bag, and tie the bag closed.

6



Soak the affected area on the floor with a bleach solution for 10 minutes, then wipe the area with a damp cloth.

If vomit has stuck to your carpet or rug, carefully applying heat with an iron is effective.

7



Place your disposable gloves and plastic bags with vomit in them in another plastic bag, tie the bag closed, and dispose of it.

8



When you are finished, wash your hands with soap and water for at least 20 seconds.

Cleaning and Disinfecting Your Home

Since you never know where norovirus may be hiding, you can accidentally touch something contaminated and get infected. Try to clean areas and things that people touch regularly. Don't forget to disinfect your mop!

Places and things to disinfect

Handrails, doorknobs, faucets, refrigerator and drawer handles, toilet area, phones, remote controllers, toys, desks, chairs, slippers, wheelchair handles, bed areas

Daily Cleaning

Wipe with a clean, damp cloth.

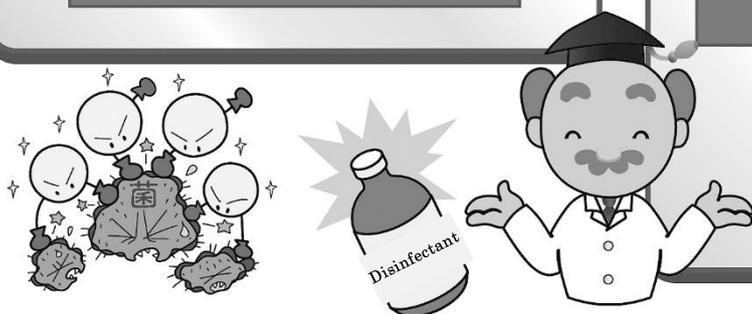
Regular Disinfection

Pick a day of the week to clean.

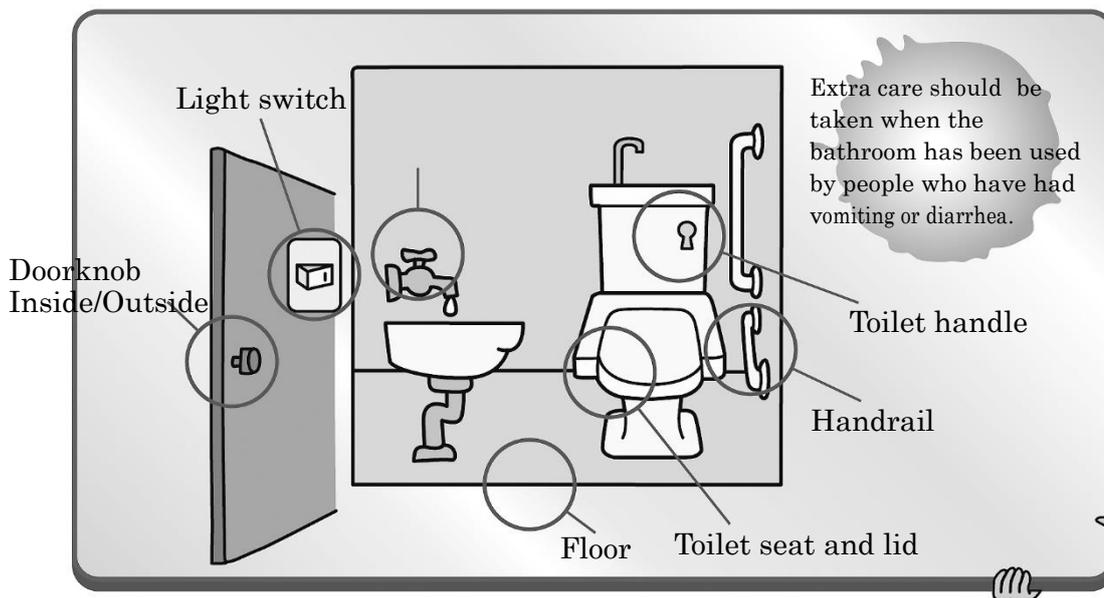
Wipe with a light disinfectant (like the 0.02% solution on page 3.)

10 minutes later

Wipe with a damp cloth



*The toilet area should be disinfected frequently since it is at a higher risk of contamination



Norovirus food poisoning prevention information can be found on our homepage **Niigata Food Safety Information**.

Website: <http://www.fureaikan.net/syokuinfo/>
Or search for “にいがた 食の安全” on the web

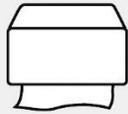


How to Wash Your Hands Properly

◎ Proper Facilities for Hand Washing

Place the chart here

Paper towels →



- Faucet can be turned on without touching (sensor-type, pedal-type, lever-type, etc.).

- Hot water (effective and easy on your hands even in winter).

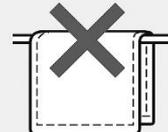


Sensor-type alcohol-based disinfectant dispenser



Trashcan for paper towels (pedal-type)

◎ Things to avoid



Leaving cloth towels hanging without regular washing



Soaking your hands in disinfectant which has been left sitting

If your towels or disinfectant are contaminated, they may also contaminate our hands. Please change them frequently.

◎ Handwashing

Perform the steps in yellow (3-10) twice to help prevent food poisoning caused by norovirus. Lather well and rinse thoroughly with water.



1 Remove watches and rings



2 Wet your hands with water



3 Apply hand soap



4 Lather



5 Hands, front and back (5 times each)



6 In between fingers (5 times each)



Important!

7 Thumbs (5 times each)



8 Fingertips (5 times each)



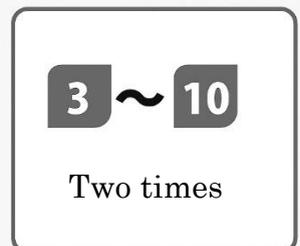
9 Wrists (5 times each)



10 Brush the nails (5 times each)



11 Rinse thoroughly with water



3 ~ 10

Two times



12 Dry hands with paper towel



13 Use the paper towel to turn off the faucet



14 Spray with alcohol, rub on fingers

If your hands are wet or soiled, alcohol-based sanitizer may not be effective

