

## Beware of the Norovirus ! ! !

### ◆ What is the Norovirus?

- \* It is a virus that can cause food poisoning throughout the year.
- \* It is the leading cause of food poisoning during winter.
- \* It is extremely contagious.

### ◆ What are the symptoms ?

- \* Within 15 to 48 hours after infection, symptoms such as nausea, vomiting, stomachache, diarrhea and fever can be seen. Within 2 to 3 days a person usually can recover. However, the elderly and infants, with a weaker immune system, their condition can become serious.
- \* When infected, you will discharge the viruses in your feces from a week up to as long as 4 weeks, even after symptoms go away.

### ◆ How do you get infected?

1. Noroviruses infect through vomit or feces of the infected person (child) as well as by the hands touched a diaper with contaminated feces.  
→ Be very careful when cleaning contaminated vomit.
2. Noroviruses can be found in the food prepared by the infected person who does not wash his/her hands well.
3. Noroviruses can also be found in half-cooked bivalve, such as oyster, scallop, clam, etc.

### ◆ How can you protect yourself from infection?

1. Wash your hands with soap for more than 1 minute before cooking or eating and after going to the toilet. You cannot protect yourself with rubbing alcohol.
2. Clean feces and vomit quickly and completely.
3. Cook your food by heating enough.
4. Wash your cutting board, dish cloths, knives, etc. well enough, and boil them for more than 1 minute or clean them with 0.02% solution of household chlorine bleach.

□ Please pay close attention to household hygiene in general as well as the cleaning of vomit and feces.

First of all, take precautions so that you will not get infected. When infected, please try not to transmit it to other people.