

Protect Yourself Against Norovirus!!!

◆ What is norovirus?

- * It is a virus that can cause food poisoning year-round.
- * It is the most common cause of food poisoning during the winter.
- * It is extremely contagious.

◆ What are the symptoms?

- * Symptoms such as nausea, vomiting, stomachache, diarrhea, fever, etc. appear within 15 to 48 hours of infection. Recovery usually takes 2 to 3 days. Since the elderly and infants have weaker immune systems, they are more prone to serious illness.
- * Once a person is infected, even if the symptoms go away, the virus can still be excreted through fecal matter for as long as 1-4 weeks.

◆ How can I become infected?

1. By direct contact with infected persons' vomit or stool or children's soiled diapers
→ Be very careful when cleaning up vomit
2. By eating food prepared by people who are infected and have not washed their hands properly
3. By eating undercooked oysters and other shellfish

◆ How can I protect myself from infection?

1. First of all, wash your hands with soap for at least one minute before eating or preparing food, after using the bathroom, etc.
Alcohol-based sanitizers do not prevent infection.
2. Clean up stool and vomit quickly and completely.
3. Cook your food properly.
4. Wash your cutting boards, knives, towels, etc. properly and sterilize them either by immersing them in boiling water for at least one minute or by cleaning them with a 0.02% kitchen-use chlorine bleach solution.