



How does norovirus spread?

《Routes of Norovirus Infection》

- ① Infection through food
 - Undercooked shellfish (especially bivalves) that have accumulated the virus
 - Contaminated food prepared or served by an infected person
- ② Infection from people
 - Secondary infection from contact with an infected person's stool or vomit
 - Droplet transmission within households or care facilities

What are the symptoms of norovirus?

《Symptoms of Norovirus Infection》

- Main symptoms include:
Severe nausea, sudden vomiting, diarrhea, abdominal pain, and low-grade fever.
These symptoms usually improve within 1 to 2 days .
- Even after symptoms like diarrhea have subsided, the virus may continue to be shed in the stool for about one week, and in some cases, up to one month .
- The incubation period (time from infection to onset of symptoms) is typically 24 to 48 hours .
- In cases of severe vomiting and diarrhea, dehydration can occur and requires attention.
- Infants and elderly people are especially vulnerable to pneumonia or choking caused by vomit .

Norovirus Prevention

Handwashing!

★ Norovirus can cause food poisoning even with a very small amount of the virus. Proper handwashing is the most important way to prevent norovirus infection.

Before cooking, before eating, after using the toilet, and after handling vomit or changing diapers, always wash your hands with soap and water.

Lather the soap well and wash thoroughly, including under the nails and between the fingers.

Rinse completely, then dry your hands with a clean towel or paper towel.

“Wash twice, stay safe!”



Heating!

★ Norovirus can be killed by heating food thoroughly.

Make sure the core temperature of the food reaches at least 85° C (185° F) for one minute.

For bivalve shellfish, heat to 85° C ~ 90° C (185° F ~ 194° F) for at least 90 seconds.

Cook food all the way through to ensure safety.



Disinfection!

★ For killing norovirus, sodium hypochlorite (bleach) is more effective than alcohol-based disinfectants.

Follow the instructions on the product label and use it to disinfect areas that are frequently touched, such as kitchen utensils, cloths, countertops, and other surfaces.

Heat disinfection is also effective, but be careful to avoid burns.

Meals When You're Feeling Unwell



《When Your Child Is Vomiting》

- If your child is vomiting, it's best to wait 1–2 hours before giving any food, as eating too soon may cause more vomiting.
- If vomiting continues, be careful about dehydration. It's important to give fluids.
- After about 30 minutes with no vomiting, you can start giving small sips of water—about one teaspoon every 5–10 minutes.
- When your child starts feeling better and shows interest in food, offer small amounts of gentle, easy-to-digest foods like rice porridge or toast.
- If vomiting is severe or doesn't stop, see a doctor promptly.

Foods to Avoid

- ✗ Cold drinks
- ✗ Sour or acidic foods
- ✗ Strong scent foods



Recommended Foods

- ◎ Clear broth from miso soup or vegetable soup
- ◎ Rice porridge with mild ingredients like white fish, tofu, eggs, etc.



《When Your Child Has Diarrhea》

- Give lukewarm water or oral rehydration solution to help keep your child hydrated.
- Avoid spicy foods, fatty meals, and dairy products. Instead, choose gentle foods like rice porridge or soft stews that are easy on the stomach.
- Once symptoms improve, start with easy-to-digest foods like thin rice gruel or vegetable soup.
- Offer small portions several times a day instead of large meals.

Foods to Avoid

- ✗ Foods high in dietary fiber.
- ✗ Citrus fruits and juices
- ✗ Foods high in fat or protein



Recommended Foods

- ◎ Rice porridge (okayu)
- ◎ Soft-boiled udon noodles
- ◎ Banana or grated apple



《About Hydration》

- When your child has fever, vomiting, or diarrhea, it's important to replace lost fluids.
- If diarrhea is severe, oral rehydration solutions (ORS) are the best choice to help prevent dehydration.
- Avoid drinks with caffeine, such as tea or cola, because they can increase urination and cause the body to lose more fluids.

Foods to Avoid

- ✗ Green tea and black tea
- ✗ Citrus fruits and high-fiber juices
- ✗ Milk and dairy products



Recommended Foods

- ◎ Warm water (sayu)
- ◎ Diluted sports drinks
- ◎ Oral rehydration solution (ORS)

