

## 『 How to avoid food poisoning in summer 』

夏の食中毒を防ぐには



As summer approaches in Japan, higher temperatures and humidity create the perfect breeding ground for the bacteria responsible for food poisoning. So today, let's go over the risks and how to prevent getting sick.

### ○ What happens if I get food poisoning?

The symptoms of food poisoning include vomiting, diarrhea, and fever. Symptoms generally last between a few days and two weeks, but the experience and time scale will differ depending on what's caused it.

Vomiting and diarrhea are the body's way of getting rid of toxins. Using over-the-counter medicine to ease these symptoms may only end up prolonging the sickness. If you get food poisoning, your priorities should be seeking medical help, and making sure you stay hydrated.

### ○ How do I prevent getting it in the first place?



There are three main ways to prevent food poisoning by bacteria:

1. **Keep them away.** Sensible hand-washing is the first line of defense against food poisoning. You should be washing your hands not just before starting cooking, but throughout, whenever you handle different foodstuffs. Also, when cooking meat, take care not to touch cooked meat with the same utensils you used to handle raw meat.
2. **Don't let them multiply.** Bacteria multiply over time. Do not leave raw or cooked dishes in a warm room for a long time; store them in the fridge as soon as possible.
3. **Wipe them out.** Most bacteria can't survive at high temperatures. You can drastically reduce bacteria by regularly disinfecting your knives and chopping boards with boiling water, and ensuring all food is cooked through to the center.

Follow these guidelines and enjoy your summer without falling ill!

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation.

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If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Center for Foreign Residents.

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