

The 3 Rules to Prevent Food Poisoning.

Food poisoning is caused by bacteria and viruses that enter your body through the food you eat.

The 3 Rules to prevent food poisoning are:

- 1 Stop bacteria and viruses from getting to your food.
- 2 Don't let bacteria multiply in your food or on your utensils.
- 3 Sterilize utensils and kill bacteria and viruses.

Stop bacteria.

Your hands carry many kinds of germs.
Make sure to wash your hands to stop bacteria.
(Check the back for Hand Washing Steps.)



You should wash your hands,

- before you start cooking.
 - before and after you handle uncooked meat, fish, or eggs.
 - after you go to the restroom, or blow your nose, especially when you are cooking.
 - after changing diapers or touching animals.
 - before you sit to eat.
- Make sure to carefully wash and disinfect utensils, like cutting boards, after using them. Especially after preparing uncooked meat or fish in order to avoid bacteria spreading to vegetables and other produce you might eat without cooking.
 - Tightly wrap food or store it in an airtight container to stop bacteria coming from other places.
 - Use separate utensils for picking up raw meat and cooked meat when having a barbecue.

Don't let bacteria multiply.

Most bacteria multiply rapidly in hot and humid places.
The speed of multiplication slows down when the temperature is 10°C or lower, and completely stops when the temperature is -15°C or lower.

- Food that spoils easily, such as meat, fish, and premade meals need to be refrigerated as soon as possible after being purchased.
- Please be aware, even in the fridge, bacteria will slowly multiply. So, don't leave food for long periods.



Kill bacteria.

Most bacteria and viruses die when cooked.
Meat, fish and even vegetables can be safely eaten if thoroughly cooked.

- Thoroughly heat your food to the core.
To kill most bacteria, the core needs to be heated to 75°C and be kept at that temperature for 1 minute or more. (For the norovirus, 85°C to 90°C for 90 seconds or more.)
- Utensils such as dish cloths, cutting boards, and knives are also vulnerable to bacteria and viruses.
Utensils used when handling food like meat, fish and eggs should be carefully washed with dish soap and sterilized with hot water or other disinfectants.



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Hand Washing Steps



1 Wet your hands with water and apply soap. Scrub your hands by rubbing your palms together.



2 Scrub between your fingers.



3 Scrub the back of your hand using the palm of your other hand. (Both hands)



4 Scrub your fingertips, too. (Both hands)



5 Clean under your nails. (Both hands) (using a nailbrush makes this more effective)



6 Use the palm of your other hand to scrub your thumb. (Both hands)



7 Scrub your wrist last. (Both hands)



8 Rinse your hands well under clean, running water. (Repeat steps ① to ⑧ 2 times.)

※Make sure to keep the nailbrush clean.



9 Dry your hands using a clean towel.



10 Spray some alcohol-based hand sanitizer and rub it into your hands and fingers well.

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Department of Public Health and Medical Affairs
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(Contact your local public healthcare center for inquiries)



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