

## Information in regards to infectious diseases outbreaks

Information on infectious diseases in the 48<sup>th</sup> week of 2010 (November 29<sup>th</sup>-December 5<sup>th</sup>).

- There are still a large number of viral gastroenteritis cases that being reported. Wash hands before cooking and eating, and after visiting the restroom. Do not share hand towels. People who have symptoms of diarrhea or vomiting should not handle food directly. During the winter season, viral gastroenteritis like norovirus and other viruses become widespread. Because viral gastroenteritis is extremely infectious, put on masks and gloves when cleaning up patient's vomit and/or stools. Sodium hypochlorite (household chlorine bleach such as "Haiter") is effective of sterilizing restrooms, and handrails, and cleaning up vomit and/or stools. Infants are more often infected, so young children who have symptoms of viral gastroenteritis should refrain from going outside and should stay home.

- An increasing number of chickenpox cases are being reported. Because chickenpox is a highly contagious disease, it tends to spread between children who spend time together. Chickenpox vaccinations are available. For people who are interested in receiving the chickenpox vaccination, please consult a medical institution.

- A increasing number of SR viral infection cases are being reported. Because newborns and infants may experience severe symptoms, caution should be exercised in them.

- A small number of influenza cases are being reported. It is recommended that those who are interested in receiving the influenza vaccination should try to receive the vaccination as early as possible.