

# Bowel Infections

## Preventing Cross Infections



Nagoya City Public Health Center

# Bowel Infections

Bowel infections are infectious diseases in which pathogens multiply in your digestive tract, causing diarrhea and other symptoms.

Infectious Disease	Incubation Period*	Symptoms	Notes
Cholera	A few hours - 5 days (Usually 1 day or less)	Rice-water-like diarrhea	In severe cases, continuous abdominal discomfort and anxiety are followed by sudden diarrhea and vomiting and a drop in blood pressure, which can lead to a life-threatening complication.
Bacillary Dysentery	1 - 5 days (Almost always 3 days or less)	All-over fatigue, sudden fever with chills, watery diarrhea	This disease is highly contagious and can be transmitted via dishware or eating utensils.
Entero-hemorrhagic Escherichia coli	2 - 14 days (Usually 3 - 5 days)	Watery diarrhea, bloody stool, abdominal pain, fever	The major strains include O157, O111, and O26. You can also contract it by coming into contact with cattle. It's highly contagious; it will spread if even a miniscule amount of the bacteria enters your mouth. Those with weak immune responses—such as children and elderly people—can become severely ill. It can also cause hematuria and anemia (hemolytic uremic syndrome).
Typhoid and Paratyphoid Fever	7 - 14 days	Fever, headache, loss of appetite, all-over fatigue	Most people contract this outside of Japan. It doesn't often cause diarrhea.

\*Incubation period: The length of time it takes for symptoms to appear after the bacteria enters your body

Other such infectious diseases include infectious gastroenteritis (induced by norovirus, rotavirus, etc.).

Bowel infections can occur in cases such as the following:

- When you eat food that's contaminated with pathogens
- When you touch a surface contaminated with pathogens (such as a tray handle or doorknob) and proceed to eat food without washing your hands thoroughly



# Watch Out for Cross Infections

Cross infections occur when pathogens from infected people's stool enter another person's mouth via their hands, food, or another item and spread an infectious disease. Keep the following in mind to stop infectious diseases from spreading.

**Note:** If you have symptoms such as diarrhea, abdominal pain, or a fever, please see a doctor as soon as possible.

## ■ Cooking and Before Eating 🍴

- Always wash your hands with soap and water before cooking to prevent bacteria from getting on food or dishware. Ideally, you should do so in a sink other than the one in your kitchen.
- Infected people should avoid cooking at home as much as possible until the bacteria is no longer present in their stool.
- Infected people should wash their hands thoroughly and disinfect them with rubbing alcohol before cooking and eating and after using the bathroom.
- Family members should also wash their hands thoroughly before eating, after using the bathroom, etc.

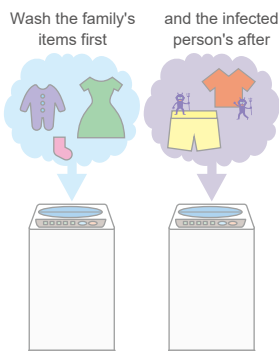
### [Cautions When Cooking]

- Foods that can be heated up should be sufficiently heated all the way through (until they reach an internal temperature of 75°C for at least one minute).
- Wash raw vegetables, etc. well with running water.
- Eat food as soon as possible after cooking it.
- Disinfect dishware by running hot water over it or cleaning it with a disinfectant solution after washing it.
- Clean the inside of your refrigerator.



## ■ Doing Laundry 🧺

- Wash any underwear, clothing, or bedding contaminated with an infected person's stool separately from other family members' items.
- Wear a protective covering such as disposable gloves when removing stool from fabric and when removing the stains and washing them out. Flush any contaminated water down the toilet.
- Soak anything that needs to be disinfected in sodium hypochlorite for 30 to 60 minutes (see p. 4).
- Dry your clothes and futons in the sunlight, and let them dry all the way.



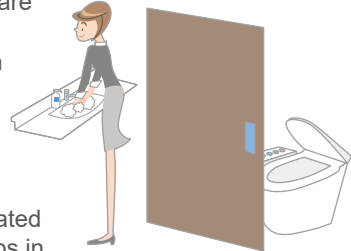
## ■ Communal Living 🧑🧑

- Don't send your children to school if they have a fever.
- Make sure everyone washes their hands thoroughly before and after playtime.
- Wipe clean any toys that children carry in their mouths, for example, and disinfect them by boiling them if needed.
- Children that have diarrhea should not swim in a pool or play in water, play in a group, or be in charge of serving school lunches.



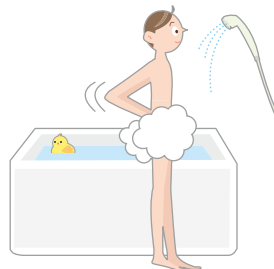
## ■ Cleaning Bathrooms and Contaminated Items 🚽

- Washing your hands after defecating: Bacteria can get on your hands even if you use several layers of toilet paper. After wiping your bottom, wash your hands as soon as possible without touching anything else.
- Cleaning the bathroom: Regularly and thoroughly clean the areas diarrhea tends to splash onto, and disinfect them if needed. You can easily disinfect these areas by wiping them down with rubbing alcohol.
- Don't touch contaminated items with your bare hands—use disposable gloves.
- After cleaning up contaminated items, wash your hands thoroughly and disinfect them if needed.
- Change diapers in a designated place to stop contamination from spreading around.
- Disinfect areas that can easily be contaminated by bacteria—such as handles and doorknobs in bathrooms—with rubbing alcohol.



## ■ Bathing 🛀

- Wash your bottom thoroughly to remove bacteria before taking a bath.
- Make sure infected people bathe last and don't let them bathe with other family members.
- Change the bath water daily and clean your bathtub and the surrounding area. Avoid sharing towels and bath towels.



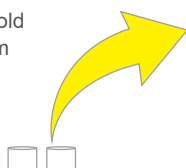
# Disinfectant Solutions You Can Easily Use at Home and How to Use Them

Rubbing Alcohol	
Hands	<p>Dispense a good amount into the palm of your hand and rub it in in this order: palms → backs of the hands → fingers → under the nails → thumbs → wrists. Let your hands dry well.</p> <p>Note: If there is visible dirt on your hands, wash them before disinfecting them.</p>
Toilet bowls, doorknobs in bathrooms, etc.	<p>Put a good amount of alcohol onto a paper towel or similar product, wipe the area to be disinfected, and let it air dry.</p> <p>Note: Don't soak rubber products, plastics, or other such items in alcohol for a long time as they will deteriorate.</p>

Sodium Hypochlorite (0.02%)	
Underwear, clothing, sheets, etc.	<p><b>Remove any stains from clothing and soak it in sodium hypochlorite for 30 to 60 minutes before washing it.</b></p> <p>Note: Sodium hypochlorite cannot be used on metals as it has a bleaching effect.</p> <p>Note: Wear vinyl gloves or another similar covering to protect your skin from direct contact with it.</p> <p>Note: Make sure the area is properly ventilated.</p> <p>Note: Do not mix sodium hypochlorite with an acidic cleaning agent.</p>

## [How to Make Sodium Hypochlorite (Disinfectant solution; about 0.02% or 200 ppm)]

Dilute 10 mL of pure household chlorine bleach (5-6% sodium hypochlorite) with enough water so that the solution comes to 2 L total.



2 PET bottle caps' worth  
(about 10 mL)



Don't forget  
to label it!

Dilute it with enough water so that the solution fills up one 2 L PET bottle.

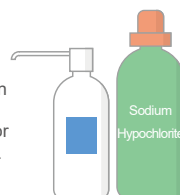
Note: Be sure to read the precautions for use well before using the disinfectant solution.

Note: Remove any dirt before using the disinfectant solution.

Note: Be sure to dilute the disinfectant so it's properly concentrated and leave it on surfaces for the right amount of time.

Note: When using the disinfectant solution, be careful not to get it into your eyes or inhale it. If it gets into your eyes, flush them immediately with running water.

Note: Keep disinfectant solution out of the reach of children.

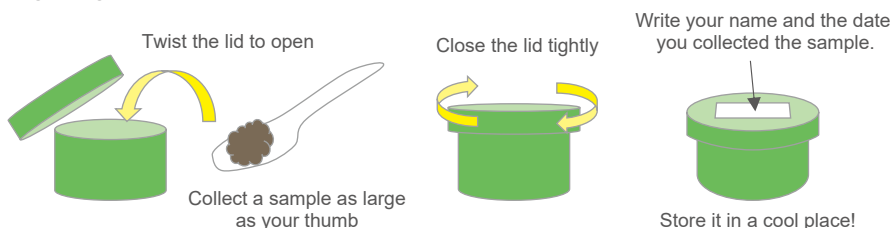


# How to Collect Stool Samples

You may be asked for a stool sample for testing to ensure that you aren't excreting bacteria.

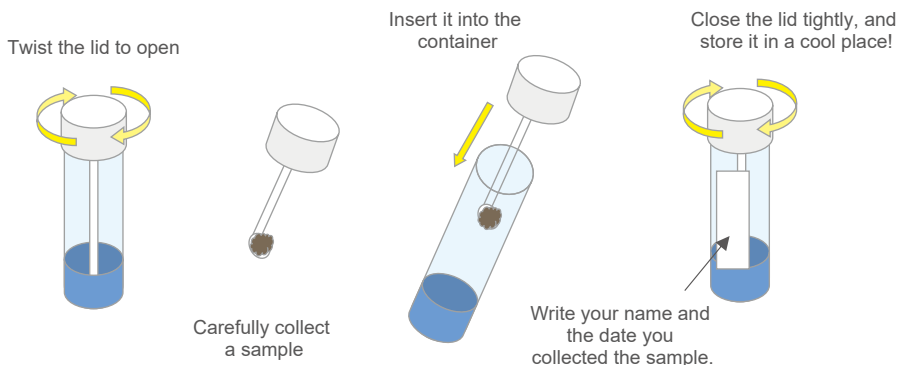
## ■ Green Container

- Collect a piece of stool that's at least as large as the tip of your thumb. (Anything smaller may not be able to be accurately tested.)
- After putting the stool in the container, close the lid tightly and put it in a plastic or paper bag. Store it in a cool, dark place.
- Put the used wooden spoon in a plastic bag, tie it up, and dispose of it as burnable garbage.



## ■ Stick

- Store the container at room temperature before use.
- Only insert one stool sample into each container.
- Twist the cap to open the container. There is a spoon to use for sampling attached to the cap.
- Carefully collect a stool sample that can be seen on the spoon.
- After putting the stool in the container, close the lid tightly and put it in a plastic or paper bag. Store it in a cool, dark place.



# How to Wash Your Hands Properly

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Before  
washing your  
hands

- Cut your nails short
- Take off your watch and rings

1



Wet your hands thoroughly with running water, take some soap onto them, and rub them together firmly.

2



Rub all along the backs of your hands.

3



Thoroughly rub your fingers and under your nails.

4



Wash the areas between your fingers.

5



Wash your thumbs by wrapping your palms around them and twisting.

6



Don't forget to wash your wrists.

(Partial excerpt from the Ministry of Health, Labour and Welfare's website)

After washing your hands with soap, rinse them off well with water and dry them completely with a clean towel or paper towel.

## Work Restrictions

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In order to prevent infections from spreading, anyone working in the food industry who contracts these infections is forbidden by law to do any work that involves directly touching food or beverages until they are no longer excreting bacteria.





A large, empty white rounded rectangular box, likely intended for a student's name or other identifying information.