

Tips for living

Sei katsu no Hi n to
生活のヒント

11

Be careful of

Shoku chu doku
食中毒(food poisoning)



Food poisoning (食中毒) is a disease caused by consuming food or drink contaminated with harmful bacteria or viruses.

Symptoms such as abdominal pain, diarrhea, fever, and vomiting. Food goes bad easily in the hot season ,so be careful about food poisoning.

Here is the summary of the six rules to prevent food poisoning.

1. Shopping

●Buy fresh

- Check the expiration date before buying.

●Go straight home after grocery shopping.

- Use an insulated bag and ice packs.



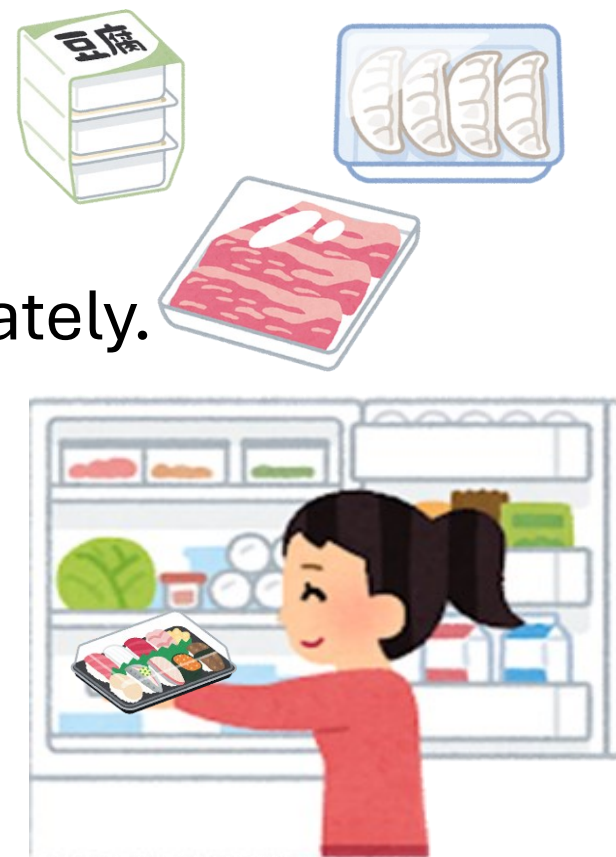
2. Storage at home

●Store food in the fridge

- Put chilled foods in the fridge immediately.

●Don't overfill your fridge!

- Overfilling reduces cooling efficiency.
Keep your fridge 70% full.



3. Prep before cooking

- Wash your hands thoroughly

- Wash your hands thoroughly with soap before cooking.



- Keep cooking utensils clean

- Clean and sanitize all cooking utensils before start cooking.



4. Cooking

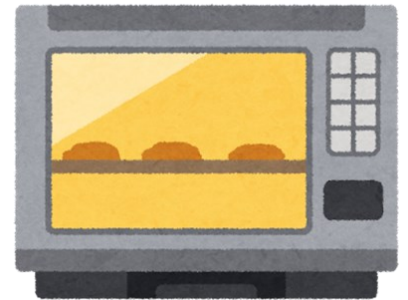
- Heat thoroughly

- Make sure to cook meat and fish thoroughly.



- Use the microwave

- When heating, make sure it is heated thoroughly.



5. Eating

- Wash hands before eating.

- Make sure to wash your hands before eating.



- Eat immediately

- Please avoid leaving cooked meals at room temperature for too long



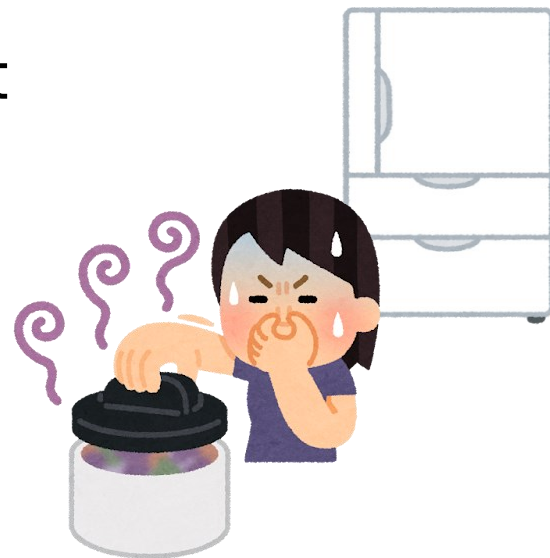
6. Leftovers

● "Allow it to cool down before putting it in the refrigerator.

- Put the leftovers in the fridge

● When in doubt, throw it out.

- Throw away any old food or anything that smells funny.



Notice

Beware of bears !

If you see a bear, do not approach.

Stay quiet. Move away slowly.

Never take your eyes off the bear.

Back away slowly.

Don't turn your back or run away.

If you run, bears will chase you.

Bears chase moving things.



What to do if a bear attacks you?

★Protect your head and face

★Curl up into a ball

★Cover the back of your neck with both hands

gai ko ku se ki shi min so u dan ma do gu chi
外国籍市民相談窓口

City Hall 1F counter 2 Monday ~ Friday 9:00 ~ 16:30

