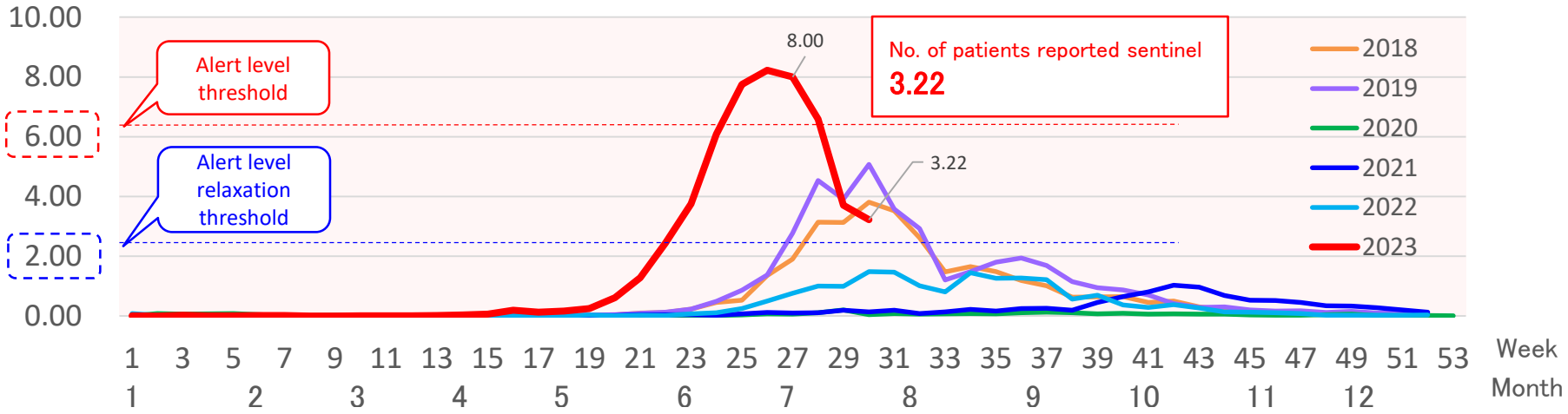
Status of herpes and RSV infection

- **No. of reported herpes patients weekly per fixed point medical facility（Tokyo）**

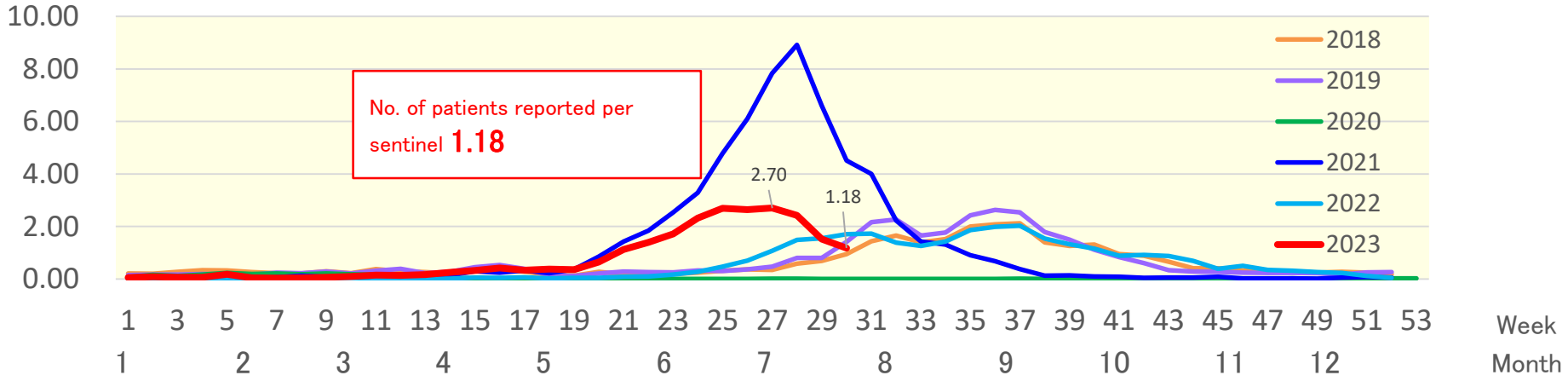
Under alert level threshold

2023 data is as of July 30 (Week 30)



- **No. of reported RSV patients weekly per sentinel（Tokyo）**

*There is no alert level or threshold for this infectious disease　2023 data is as of July 30 (Week 30)



Continue to urge thorough basic infection prevention

Enterohemorrhagic E. coli infection (class 3 disease)

Source: Enterohemorrhagic E. coli Q&A (MLHW website)

What is enterohemorrhagic E. coli?

・*Escherichia coli* is present in the intestines of livestock and people, and most of them are harmless, but those that cause gastrointestinal symptoms and complications such as diarrhea are called "pathogenic E. coli".

・Pathogenic E. coli that generates toxins and causes hemolytic-uremic syndrome (HUS) is called “enterohemorrhagic E. coli”.

・The main strain is O157, and other strains include O26 and O111.

Enterohemorrhagic E. coli O157

Key symptoms

・While some cases are asymptomatic or end simply with a light stomach pains and diarrhea, this pathogen can cause serious issues such as severe stomach pain and bloody stool, even leading to death in some instances.

・Around half of infected persons suffer severe stomach pain, runs and bloody stool

・Fever: transitory if any

*6-7% of those with these symptoms will develop severe complications such as HUS and encephalopathy within days to two weeks (commonly within 5-7 days) of diarrhea onset.

*Even if you have no symptoms, if you are carrying the pathogen you can pass it on to others.

・Particular care is needed for those suffering severe stomach pain and bloody stool

・Work restrictions are in place for specific jobs (those handling food and beverage, for instance)

Enterohemorrhagic E. coli infection – infected cases-

Key infection pathways

Source: Enterohemorrhagic E. coli Q&A（MLHW website）

- **The main infection pathway is eating and drinking**
  - ・Consumption of food or drink contaminated by the pathogen
  - ・Can transmit from person to person if a surface with soiling or germs from a patient or asymptomatic pathogen carrier is touched and hands are not adequately washed

Foods involved in cases of O157 infection

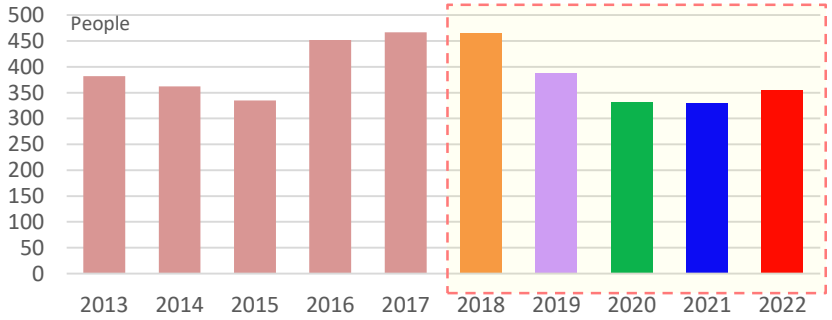
Source: Enterohemorrhagic E. coli Q&A、National Epidemiological Surveillance of Infectious Diseases (NESID) Program

- **Some of the foods identified or presumed to be the cause of O157 infection in the past**

Japan: Beef, raw beef liver, hamburger, beef tataki, venison, salad

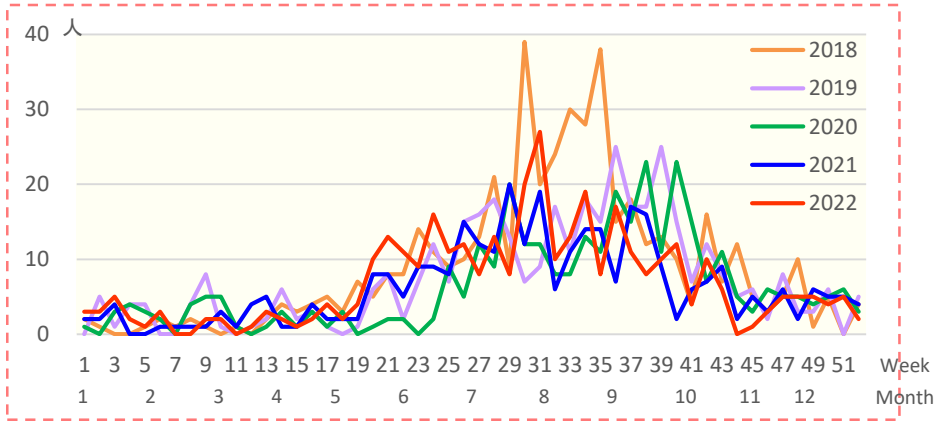
Overseas: raw beef liver, Yukhoe (Korean steak tartare), hamburger, roast beef, alfalfa

- Patients with enterohemorrhagic E. coli（annually, Tokyo）



（Weekly reported cases, Tokyo

Source: Tokyo Infectious Diseases Weekly Report



Enterohemorrhagic E. coli infection

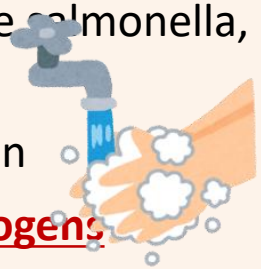
– Prevention and countermeasures -

Prevention/countermeasures

Source: Enterohemorrhagic E. coli Q&A（MLHW website）

・Enterohemorrhagic E. coli pathogens, like salmonella, do not survive heating or disinfection

・Preventing person-to-person transmission



Disinfect any areas with possible pathogens

Wash hands using soap and running water

- **Key prevention points**

① Handwashing, cleaning and disinfection

- Wash hands before cooking and eating, and after using toilet
- Clean and disinfect hands and utensils after handling meat
- Use medicated disinfectant to clean toilet handles and doorknobs

② Separate cooking utensils

- Use dedicated tongs or chopsticks when grilling meat
- Do not use same utensils for eating salad as for eating meat

③ Heat food through and eat as soon as possible

- Most germs and viruses do not survive heating
- Rule of thumb for heating meat dishes: heat middle to 75℃ for at least 1 minute
- Parboiling sterilizes vegetables (about 5 seconds at 100℃)
- Pathogens increase slowly even in refrigerator ⇒ Consume food as soon as possible

Reference: Major food poisoning bacteria and viruses closely related to meat

Tokyo Metropolitan food safety website
Tokyo Food Safety Information Center
for more details

Tokyo Food Safety Information Center

Enterohemorrhagic E. coli information
(Tokyo Metropolitan Infectious Disease Surveillance Center)
https://idsc.tmiph.metro.tokyo.lg.jp/diseases/ehec/