

Health Bulletin

① Why is food poisoning prevention needed now?

① Summer–Early Autumn Is the Peak Season for Bacterial Growth

- ✓ **High temperatures maximize the risk.**
Bacteria multiply most rapidly in warm, humid environments. From June onward, cases increase (sharply rising in July and August). Peaks occur at temperatures around 30°C and humidity of 60–80%.
- ✓ **Rising temperatures are changing our environment.**
In recent years, higher average temperatures and more frequent heat waves extend the period when air conditioners are not used and food is left out at room temperature for longer. This raises the risk of food poisoning.

② “Homemade Lunches” Carry Higher Food Poisoning Risk

- **Not just eating out.**
Most food poisoning occurs in homes. According to the “Survey of Food Poisoning Incidents,” about 10–15% are caused by homemade lunches. Therefore, care at home (including when making lunch boxes) is just as important.
- **Many cases involve mild symptoms.**
When symptoms are mild, families may not see a doctor, leading to underreporting. The true number of cases is likely higher than reported. If you feel even a little unwell, do not push yourself — rest and recover.

③ Commitment as a Company to “Risk Management”

- **Sudden impact is significant.**
Food poisoning can cause multiple employees to be absent simultaneously, affecting business operations. Damage also includes compensation to customers and loss of social trust, which can severely impact the company.
- **Fear of secondary contamination (cluster outbreaks).**
Poor hygiene of employees can lead to contamination in restrooms, doorknobs, etc., expanding the outbreak. In the worst cases, it can result in suspension of operations or reputational damage.

Food poisoning is not just an individual issue. **Managing risks as a company is essential.** With summer heat approaching, let's update our knowledge and take action!



Reference: Ministry of Health, Labour and Welfare – “Key Points for Preventing Food Poisoning” / “Food Poisoning Statistics” / “Basic Information on Food Poisoning”

② Common causes and symptoms of food poisoning in this season

① Campylobacter jejuni

Common in poultry (chicken meat, etc.) and raw meat.



Examples



Raw or undercooked chicken, raw liver, etc.

Symptoms

Diarrhea, abdominal pain, fever, nausea, vomiting.

Incubation period

1–7 days
(Usually 2–3 days after consumption)

② Staphylococcus aureus

Common on hands, in noses, and on skin. Produces heat-stable toxins; symptoms appear quickly.



Examples



Rice balls, boxed lunches, sandwiches, cream puffs, etc., handled with bare hands.

Symptoms

Severe nausea, vomiting, abdominal pain, diarrhea, fever.

Incubation period

Usually 30 minutes–6 hours
(after consumption)

③ Pathogenic Escherichia coli (EHEC, O157, O111, etc.)

Common in raw meat and undercooked foods.



Examples



Undercooked hamburger, raw vegetables, unpasteurized milk, etc.

Symptoms

Severe abdominal pain, bloody diarrhea, may lead to hemolytic uremic syndrome (HUS) in severe cases.

Incubation period

3–8 days

④ Salmonella species

Common in eggs, raw meat, and unpasteurized milk.



Examples



Raw eggs, chicken/raw meat, unpasteurized milk, etc.

Symptoms

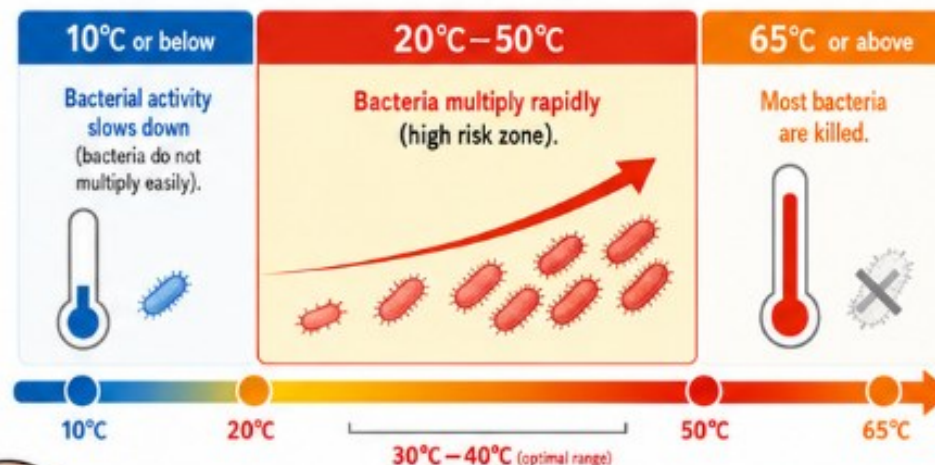
Diarrhea, fever, abdominal pain, nausea, vomiting.

Incubation period

1–2 days
(Usually 12–48 hours)

③ Temperature range where food poisoning bacteria multiply rapidly

Bacteria multiply rapidly in the range of 20°C–50°C (optimal range 30°C–40°C). Be especially careful with food left at room temperature. Even a short time can increase the risk.



Reference: Ministry of Health, Labour and Welfare – “Food Poisoning Prevention in Daily Life” / “Food Poisoning Statistics” (Key Points for Preventing Food Poisoning)



Important points during work: Keep refrigerators, in-room storage, and lunch boxes within the “safe temperature range.” Being mindful of “temperature control” is key to preventing food poisoning.

For a Safe and Secure Workplace

~ 3 Steps to Prevent Food Poisoning ~

Reference: Government of Japan Online "Useful Information for Daily Life"
"Three Principles and Six Key Points for Preventing Food Poisoning"
Ministry of Agriculture, Forestry and Fisheries: "Could This Be Food Poisoning?"

1 Let's create an "environment" where bacteria do not grow and contamination does not spread



Proper management of the office refrigerator

Check that the temperature setting is appropriate (10°C or below). Set a monthly "discard expired foods day" and keep the inside clean and organized.



Enhance handwashing facilities

Provide soap (pump bottles are preferable), alcohol sanitizer, and paper towels so that anyone can wash their hands hygienically.



Ensure a safe storage place for lunch boxes

Review whether delivery lunches or employees' packed lunches are being placed in direct sunlight or near the heat exhaust of PCs or copy machines.



Are the refrigerator temperature and lunch storage locations appropriate? Start by checking the environment around you!



2 Let's follow "behavioral rules" for safe eating



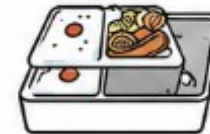
Thorough handwashing

Always wash your hands with soap after using the restroom and before eating.



Time-limit rule for delivered lunches

If the designated time limit passes—for example, after 1:30 PM—discard the lunch. Do not keep leftovers for an afternoon snack.



Do not take lunch leftovers home

Do not take home company-ordered lunches or unfinished homemade lunches.



Even if it feels wasteful, lunch that has been left for too long carries a higher risk of food poisoning. Follow the rules and eat safely.



3 If you think, "Could this be food poisoning?" ... minimize the impact



Check your health before starting work

Before coming to work, check whether you have diarrhea, nausea, abdominal pain, fever, or any other signs of feeling unwell.



Report symptoms and rest when unwell

If you have symptoms such as abdominal pain, vomiting, or diarrhea, do not force yourself to come to work. Switch to working from home or take time off to rest.



Maintain habits that support your immune system

Lack of sleep and accumulated fatigue can reduce stomach acid secretion and make it easier to develop food poisoning from small amounts of bacteria that would not normally cause illness.



Fatigue and sleep deprivation increase the risk of food poisoning. Get enough sleep every day and build a body that can resist harmful bacteria.



By working on these measures across the whole workplace, we can create a safe and comfortable environment where everyone can work pleasantly!