

— Keeping Healthy during the Rainy Season —Beware of Food Poisoning—

During the rainy season, temperatures swing dramatically, humidity rises, and it becomes difficult to regulate body temperature. For this reason, many people tend to catch a cold, or feel lethargic, tired, or even depressed. To prevent emotional or physical disorders during this season of poor health, it goes without saying that you should (1) eat nutritious meals, (2) get plenty of sleep, and (3) exercise moderately. In addition to these pointers, you should also wear clothes that let you regulate your body temperature, avoid excessive air-conditioning, and be sure to gargle and wash your hands after each outing. Pay especially careful attention to the following.

■ Beware of food poisoning

During the rainy season, high temperatures and humidity promote bacteria growth and lead to increasing cases of food poisoning. The three principles for preventing food poisoning are anti-contamination, anti-growth and sterilization of food-poisoning bacteria. Observe the following points when purchasing food items, when storing, preparing, cooking and eating them at home, and when keeping leftovers.

(1) Cleanliness: Avoid bacterial contamination

- Wash your hands before preparing or eating food items.
- Disinfect cutting boards and knives with boiling water, and use clean dishcloths only.
- Keep the cooking area tidy and organized, and exterminate roaches and flies.

(2) Promptness: Do not give bacteria time to grow

- Store perishable foods in the refrigerator as quickly as possible after purchasing them.
- Frozen foods become a hotbed of bacterial growth

— 梅雨時の健康管理～食中毒に注意～ —

梅雨の時期は、寒暖の差があり、湿気が高く、体温調節が難しくなります。このため、風邪をひいたり、だるさや疲労感を感じたり、また落ち込みやすくなります。体調を崩しやすいこの時期の心と体の不調を防ぐためには、①栄養バランスのとれた食事、②睡眠を十分とる、③適度な運動をする、など日頃から皆さんが心がけていることに加えて、衣服でこまめに体温調整する、エアコンの効きすぎに注意する、うがいや手洗いを励行する、なども必要となってきます。特に以下の2点に気を付けてください。

■ 食中毒に気をつけよう

高温多湿の梅雨時は、細菌が繁殖しやすくなり食中毒が増えます。食中毒予防の3原則は、食中毒菌を「付けない、増やさない、殺す」です。食品の購入・家庭での保存・下準備・調理・食事・残った食品について次の点に注意してください。

①清潔：細菌を付けない

- 調理や食事などで食品に触る前に手を洗う。
- まな板や包丁などは熱湯等で殺菌して使う。ふきんは清潔なものを使う。
- 調理場内を整理整頓し、ゴキブリやハエを駆除する。

②迅速：細菌が増える時間を与えない

- 生鮮食品は、買ったならなるべく早く冷蔵庫に入れる。
- 冷凍食品は、室温で解凍すると細菌が増える。冷蔵庫か

when thawed at room temperature, so thaw them in the refrigerator or microwave oven.

- Foods that are thawed but not used promptly will promote bacterial growth when returned to the freezer, so thaw only the amount that you will be using.
 - If something smells even slightly suspicious, do not cook or eat it.
 - Cook foods quickly and eat them promptly, preferably within two hours of preparing them.
- (3) Heating/Cooling: Prevent bacterial growth.
- Cook foods thoroughly.
 - Keep the temperature in your refrigerator below 4°C and in the freezer below -15° to prevent growth of bacteria.
 - Do not overstock your refrigerator, and make sure the juice from meats and fish does not contaminate other food items.

☆ Food poisoning tends to be mistaken for the common cold or a cold that comes from getting chilled during sleep, but serious cases of food poisoning can be fatal. If you ever have stomach pain or diarrhea, or feel nauseous or sick, immediately consult those around you and go to the hospital.

■ Practice proper hygiene

During the rainy season, mold or bacteria tends to grow on your skin and when you perspire, the contaminants mix with perspiration. They sometimes cause skin inflammation or itching. Therefore, it is important to stay clean.

(1) Keep your skin clean.

(2) Bathe in lukewarm water.

Do not bathe in hot water when you feel an itching sensation. Wash your body with mild soap, lathering well and gently massaging your skin without scrubbing. Thoroughly rinse off soap and shampoo foam from your body.

(3) Do not scratch where it itches. Alleviate the itchiness by cooling the affected area, and keep your nails short.

(4) Clean your room frequently to eliminate dust.

(5) Air your bedding. Placing a black cloth over the bedding would allow it to absorb the warmth of the sun effectively.

(6) Clean and air-out air conditioners before using them to remove dust and mold.

(7) By stepping barefoot on communal mats, floors, and slippers, you may risk getting athlete's foot. Wash between your toes and your entire feet well with soap, and dry them thoroughly to prevent such infection.

Once the rainy season ends, the hot summer will begin. Getting your body used to perspiring as a means of regulating body temperature is a good countermeasure against heatstroke, so start preparing for summer by enjoying sports activities, walking, taking part in "radio exercises," or otherwise getting proper exercise.

電子レンジで解凍する。

解凍して使わなかった食品は、冷凍庫に戻すと細菌が増殖する。調理する分だけ解凍する。

臭いをかいで少しでも怪しいと思ったら、調理しない。食べない。

速やかに調理し、早めに食べる。調理後2時間以内が目安。

③加熱又は冷却：細菌を増やさない

調理の時は、十分加熱する。

冷蔵庫は4度以下、冷凍庫はマイナス15度以下だと細菌の繁殖を抑えられる。

冷蔵庫はつめすぎない。肉や魚の汁が他の食品に付かないようにする。

☆食中毒は風邪や寝冷えなどと勘違いしがちですが、重症になると死亡する例もあります。お腹が痛い、下痢、吐き気、気持ちが悪くなったりしたら、すぐに周囲の人に相談して病院に行きましょう。

■ 衛生管理に気をつけよう

カビや細菌が繁殖しやすく、汗をかき始めるため、汗に溶けた汚れで皮膚炎やかゆみにつながることも。清潔に過ごすことが必要です。

①肌を清潔にする。

②入浴はぬるま湯で。

かゆみがある時は熱いお湯での入浴をさける。石けんは刺激の少ないものを使い、よく泡立て、強くこすらないようにやさしく洗う。石けんやシャンプーは十分すすぐ。

③かゆくてもかかない。かゆい時は冷やしてみる。爪は短めに。

④こまめに部屋を掃除してほこりをとる。

⑤布団を干す。黒い布をかけると熱をよく吸収し効果的。

⑥クーラーは、ほこりやカビなど掃除をしてとり、一度換気してから使う。

⑦素足で共同の足ふきマットや床、スリッパなどに触れると水虫が伝染することがある。足の指の間と足全体を石けんで洗い、しばらく乾燥させると予防できる。

梅雨が終わると、暑い夏が始まります。暑さに対する体温調節ができるように汗をかいておくと熱中症対策になります。スポーツやウォーキング、ラジオ体操などで体を動かして、夏の準備も始めましょう。