

Guide to Health Management and Food Poisoning Prevention During the Rainy Season

During the hot and humid rainy season, mold and bacteria can easily multiply, so careful health management is required. Infant and young children with weak immune system are particularly susceptible to infectious diseases, and since the incidence of food poisoning is high during this period, maintaining hygienic dietary habits at home is crucial. Please see the following tips for health management and food poisoning prevention during the rainy season; we hope you have a safe healthy summer.

How to Manage your Health During the Rainy Season!

1. Go for walks frequently!

- Since a lack of sunlight can trigger depression, please go out for walks whenever the weather clears up.

2. Make hand washing habit and cook thoroughly before eating!

- As food poisoning can occur due to the hot and humid weather, wash your hands frequently and be sure to cook and boil your food before consuming it.

3. Remove moisture from the house! (Optimal humidity:40-50%, Optimal temperature : 22'C~26'C)

- Since high humidity and temperature can worsen allergy symptoms, please remove moisture using fans, air conditioners, dehumidifiers, etc.

4. Thoroughly disinfect any wounds!

- Skin wounds can worsen due to damp weather, so be sure to disinfect any wounds that occur.

5. Do not cook if you have diarrhea or wounds on your hands!

- Food poisoning can occur through bacteria on your hands, so please do not cook if you have any of the above symptoms.

6. If you experience any physical abnormalities, such as fever, diarrhea, or skin swelling, be sure to seek medical attention!



We would like to introduce "Safety Stepping Stone", an app that provides disaster news and weather information, as well as the ability to report flooding situations. we hope you make good use of it.



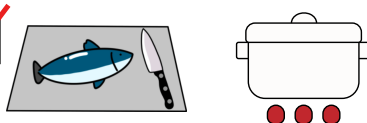
QR code access

*Source: Ministry of Health and Welfare blog 'Boklog'

Here's how to prevent food poisoning for a healthy diet!



Wash your hands with soap under running water for at least 30seconds



Distinguishing Usage Raw Food/ Cooked Food
Knife/ Cutting Board



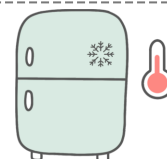
Cook thoroughly
Meat to an internal temperature of 75°C/ Seafood to 85°C for at least 1minute.



Clean and disinfect ingredients and cooking utensils thoroughly.



Boil the water before drinking.



Maintain storage temperature
Refrigerated foods 5°C or lower,
Frozen foods 18°C or lower

*Source: Ministry of Food and Drug Safety