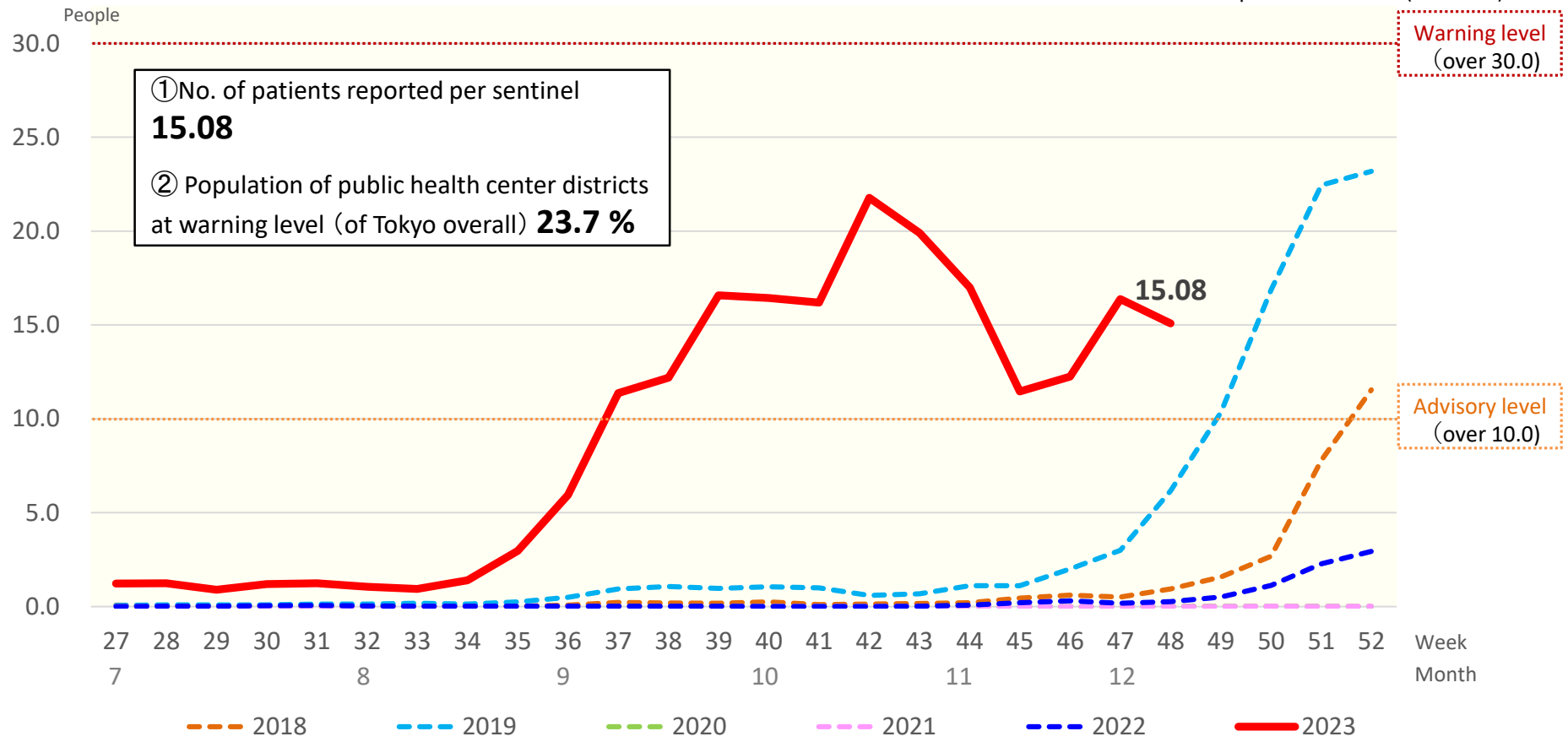# Influenza transmission update

No. of patients reported weekly in Tokyo per fixed point medical facility

Advisory level (Week 37 onwards)

Data for 2023 is up to December 3 (Week 48)

①No. of patients reported per sentinel
15.08

② Population of public health center districts at warning level (of Tokyo overall) **23.7 %**

Warning level (over 30.0)

Advisory level (over 10.0)

15.08

People
30.0
25.0
20.0
15.0
10.0
5.0
0.0

Week: 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52
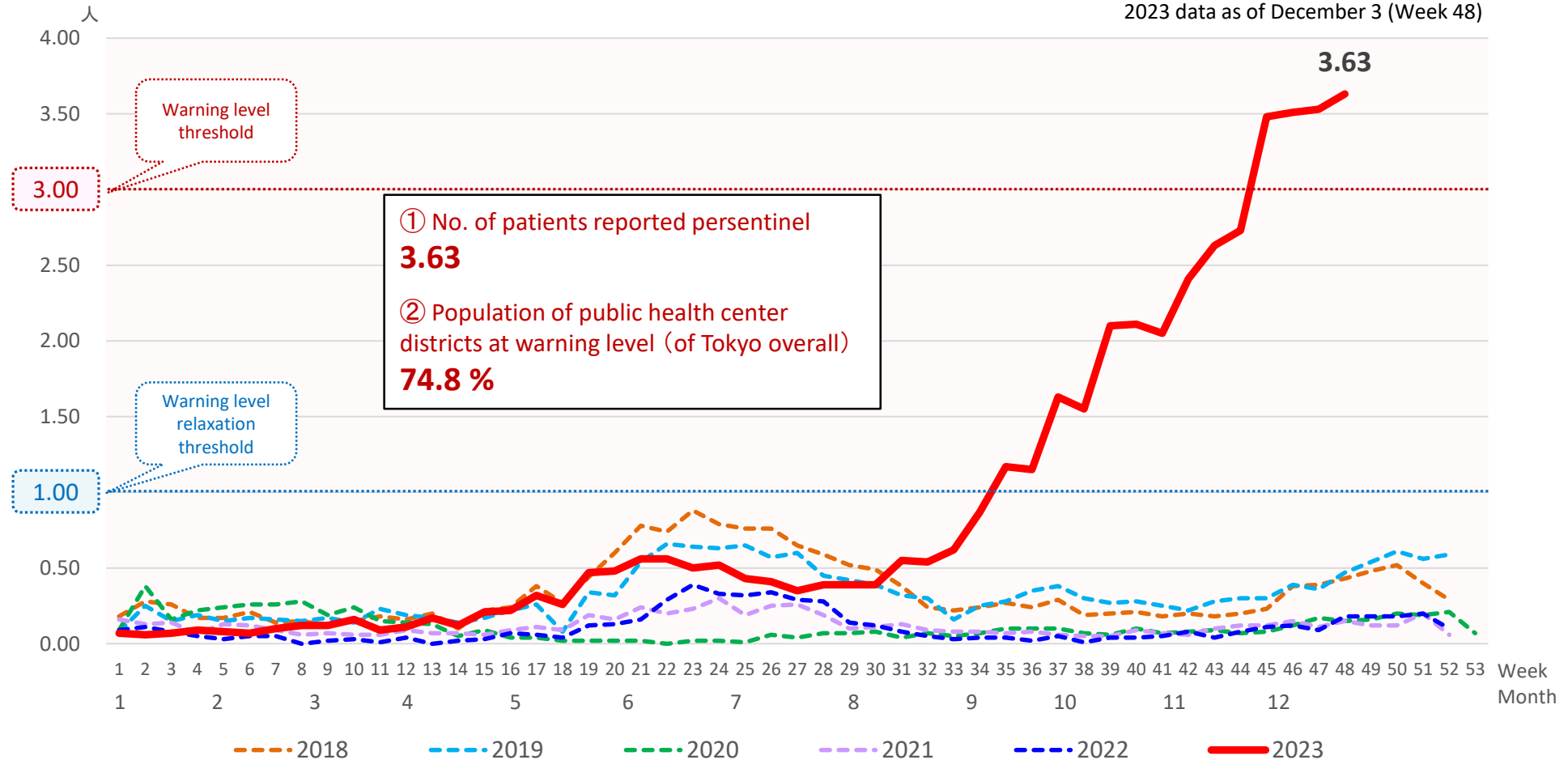Month: 7 8 9 10 11 12

2018 2019 2020 2021 2022 2023

➤ **Take all infection prevention measures including ventilation and handwashing!**

➤ **Consult your doctor now about getting a vaccine**

Pool fever transmission

No. of patients reported weekly per sentinel in Tokyo

Warning level (Week 40 onwards)

2023 data as of December 3 (Week 48)

3.63

Warning level threshold

3.00

① No. of patients reported persentinel
3.63

② Population of public health center districts at warning level（of Tokyo overall）
74.8 %

Warning level relaxation threshold

1.00

人

4.00
3.50
3.00
2.50
2.00
1.50
1.00
0.50
0.00

Week 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 Week

Month 1 2 3 4 5 6 7 8 9 10 11 12 Month

- - - 2018   - - - 2019   - - - 2020   - - - 2021   - - - 2022   —— 2023

Disinfection with alcohol does not work, therefore avoid infection by handwashing with running water and soap, and avoid sharing towels.

Gastroenteritis – Class 5 infectious disease -

What is gastroenteritis?

- **Infection caused by mainly virus or bacteria**
  Norovirus and rotavirus cause gastroenteritis, among other viruses
- **Enters the mouth via fingers and food, multiplies in the human gut, and causes vomiting, diarrhea, and abdominal pain**
- **Can become severe in children and the elderly**

Key infection pathways

- **Person-to-person transmission**
  ・Where vomit or feces of infected person enters mouth of another person via hand contact or something hand has touched
- **Infection by contaminated food or water**
  ・Where someone who handled food is infected, then someone else eats food contaminated by that person
  ・When contaminated shellfish is eaten raw or undercooked（norovirus）

Symptoms of norovirus and rotavirus

	Norovirus	Rotavirus
Main symptoms	Diarrhea, vomiting, nausea, abdominal pain. Fever and dehydration may also be felt	Diarrhea, vomiting, fever (pale stool is characteristic) and dehydration
Seasonality	Year-round, but often November to March with a peak around December	Often affects infants and young children in winter (January to around May), with a peak in February or March
Latent period	1-2 days	Approx. 1-2 days
Length of symptomatic period	Approx. 1-2 days	Approx. 3-8 days

Immunization (scheduled vaccination since Oct. 2020)
・Prevents against more severe symptoms when infants are infected for the first time
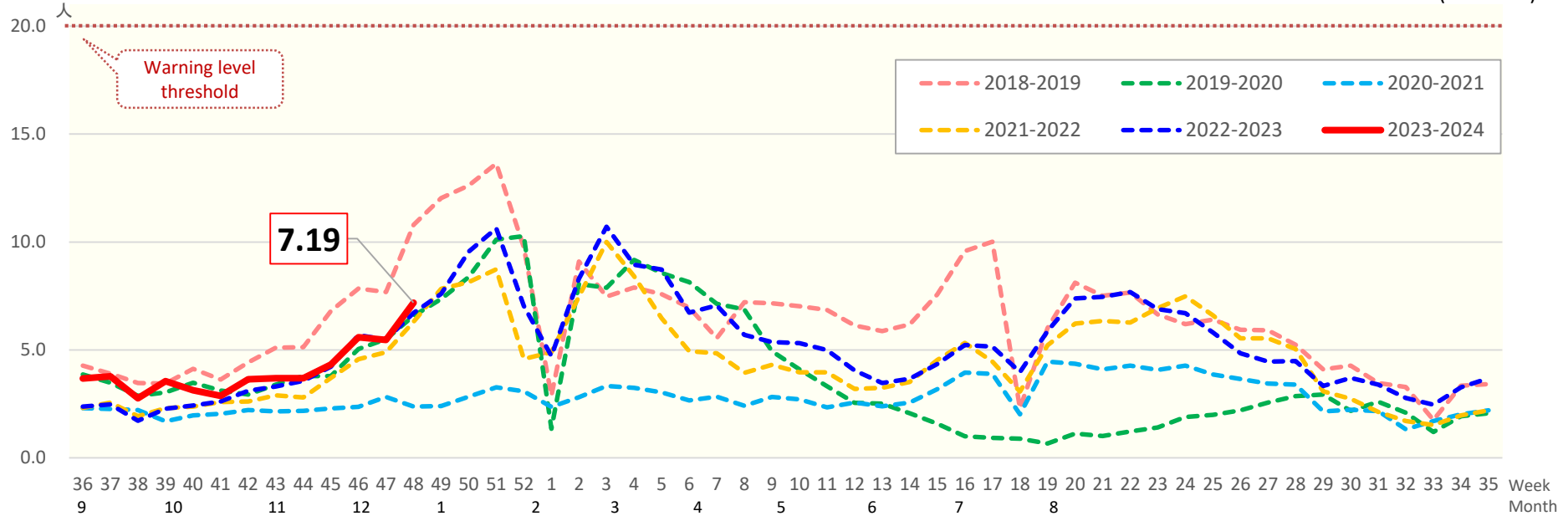・One shot as soon after 6 months of age as possible

Gastroenteritis – infections-

No. of patients reported per sentinel in Tokyo

（**Warning level threshold　20.0 people**）

2023 data as of December 3 (Week 48)

人

Warning level threshold

- - - 2018-2019
- - - 2019-2020
- - - 2020-2021
- - - 2021-2022
- - - 2022-2023
— 2023-2024

7.19

20.0
15.0
10.0
5.0
0.0

| Week | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |

Month: 9 / 10 / 11 / 12 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8

2022-2023 season transmission by facility type

Of the cases of gastroenteritis reported to the public health center, the number of cases at facilities reporting at least 10 cases and where the pathogen was confirmed

facility

80
60
40
20

- ■ Daycare center
- ■ Kindergarten
- ■ Elementary school
- ■ Junior high school
- ■ High school
- ■ Hospital
- ■ Welfare facility

| Week | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |

Month: 9 / 10 / 11 / 12 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8
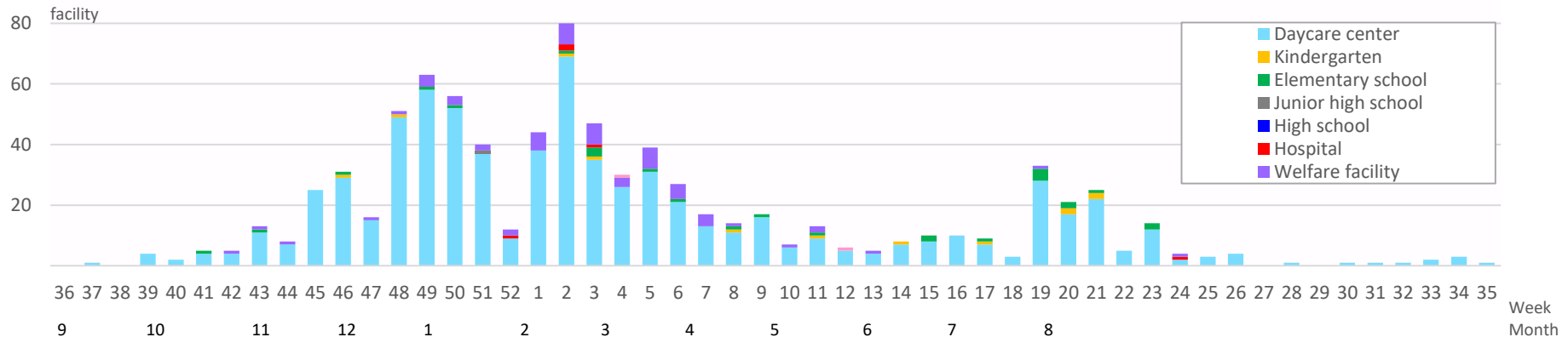
Gastroenteritis – Prevention and management-

Key prevention tips

・ **Ensure that shellfish such as oysters are cooked right through**
（Parboiling only will not reduce virus infectivity）

・ **After washing any shellfish cooking equipment and utensils, sterilize in scalding hot water**

・ **Wash fresh produce thoroughly (veges, fruit)**

・ **Wash hands well with running water and after toileting and before cooking or eating** (alcohol-based sanitizers do now work as well)

・ **Use a clean towel to dry hands after handwashing**

Management and treatment of infection

- **No particular drugs are effective so treat symptoms**

- **Young children and the elderly can suffer severe symptoms, so see a doctor early**

- **Consult doctor before using antidiarrhea drugs**

Preventing secondary infection

At home, daycare and school:
・Carefully avoid contact with any fecal matter or vomit from infected person
・Use disposable gloves and mask when tidying up clothes or other materials contaminated by such matter
・Use chlorine bleach to disinfect any equipment used to clean up vomit, etc.
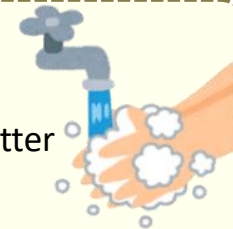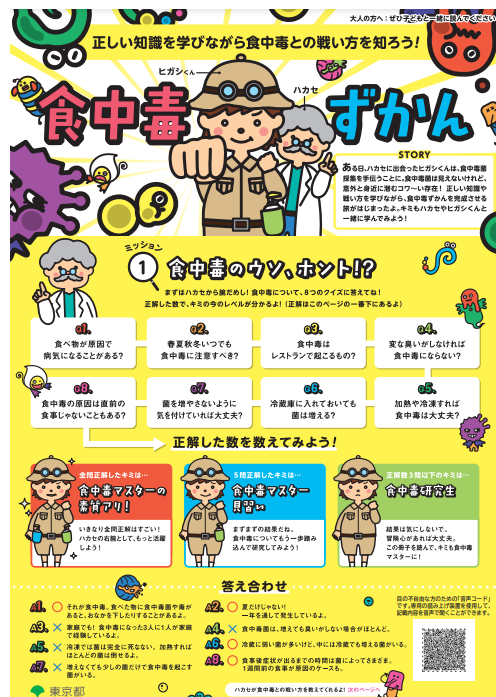・Clean hands thoroughly after clean-up with soap and running water

Managers of food-handling facilities:
If any food service worker displays symptoms like diarrhea, nausea or fever:
・Ensure they are not involved in any food preparation ・Consult or visit doctor

Gastroenteritis – TMG information campaign-

Tokyo Food Safety Information Center
（TMG website）

● Poster, leaflet about food poisoning prevention

Food poisoning illustrated guide

Managing norovirus at home

● Residents' seminar on food safety: How to handle norovirus
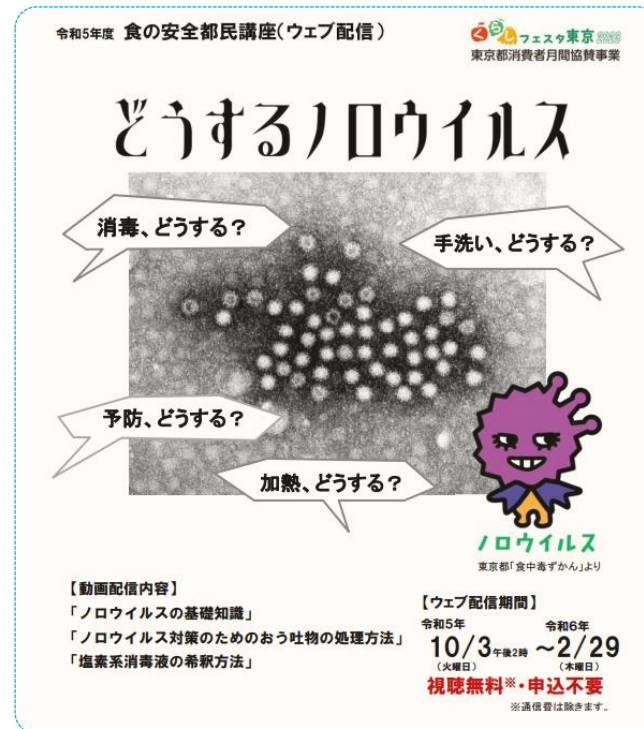
Streamed online (until Feb 29, 2024）

Link to food poisoning poster, leaflet

https://www.hokeniryo.metro.tokyo.lg.jp/shokuhin/pamphlet2/pamphlet.html

How to watch "How to handle norovirus"

https://www.hokeniryo.metro.tokyo.lg.jp/shokuhin/forum/tominkoza/tominkozar5-2.html

Information about gastroenteritis (Tokyo Metropolitan Infectious Disease Surveillance Center)
Link: https://idsc.tmiph.metro.tokyo.lg.jp/diseases/gastro/

Group A streptococcal pharyngitis (streptococcal infection)
– Class 5 infectious disease -

No. of patients reported weekly per sentinel in Tokyo

2023 data as of December 3 (Week 48)

(Warning level threshold 8.0 people/fixed point medical facility)

① No. of patients reported per sentinel
5.35

② Population of public health center districts at warning level（of Tokyo overall）
18.4 %

Warning level threshold

5.35

people

Week
Month

2018   2019   2020   2021   2022   2023
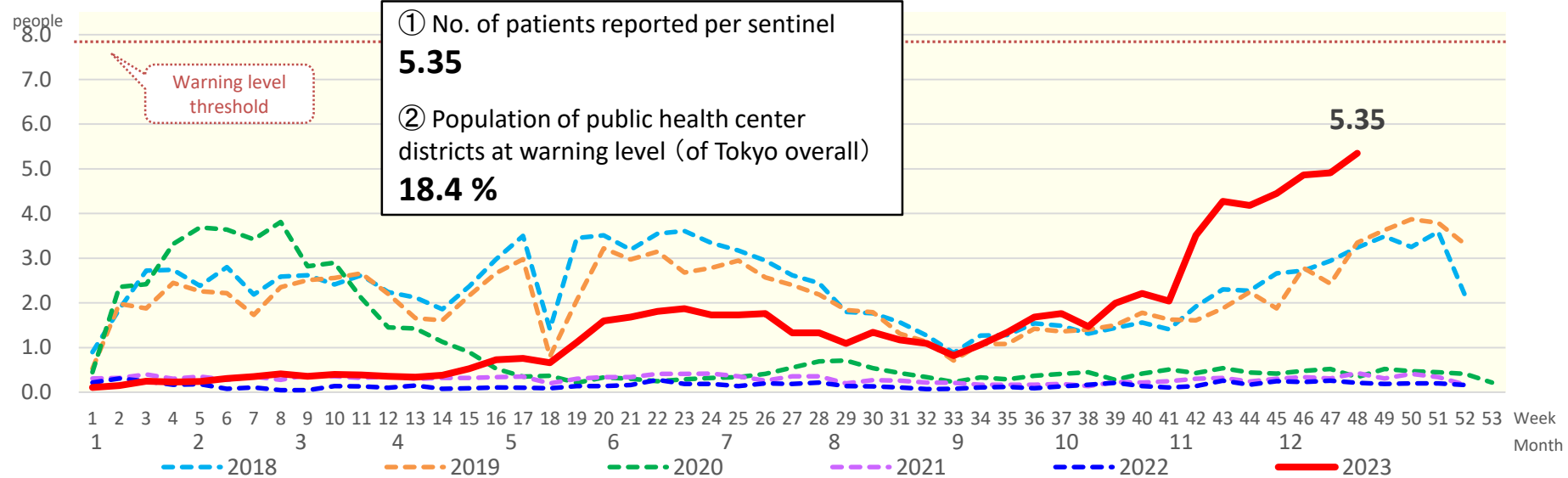
Seasonality

- Typically peaks from spring to early summer and in winter
- This year, as in pre-pandemic 2018 and 2019, infections tend to rise toward winter

Pathogen and key transmission routes

Pathogen: group A Streptococcus infects via the upper respiratory tract

Transmission routes

Droplet transmission: Bacteria contained in spray from infected person coughing or sneezing
Contact transmission: Infection from bacteria-contaminated hand touching mouth or nose
Oral transmission: Infection by bacteria-contaminated food entering mouth

Group A streptococcal pharyngitis – Symptoms, prevention and management -

Symptoms

- Fever over 38℃, sore, red throat, red, bumpy tongue

- Fever subsides in 3-5 days, symptoms improve within a week

- Some cases can develop into scarlet fever with rash across whole body

Prevention and treatment

- Prevent with handwashing and cough etiquette

- Wearing a mask during the season also works

- No vaccines, so treat with antimicrobial drugs

- Even if symptoms improve, it is important to take medication for the period indicated by your doctor

If you have a sore throat, go to see your doctor early for testing