



Guidelines for Avoiding Norovirus



WASH HANDS OFTEN



WHEN SICK, DON'T PREPARE FOOD OR CARE FOR OTHERS

- Wait two to three days after symptoms end before returning to work
- Wash hands often even after fully recovered



CAREFULLY WASH FRUITS AND VEGETABLES



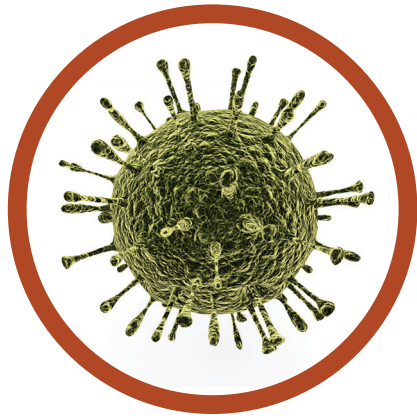
CLEAN SURFACES AND WASH LAUNDRY

- Wipe surfaces with bleach-based cleanser



COOK SHELLFISH THOROUGHLY (140°F)

- Norovirus can survive low cooking temperatures



Norovirus

What is Norovirus?

Norovirus is the most common cause of foodborne-disease outbreak in the United States. People who are unfamiliar with the term Norovirus may call it food poisoning or stomach flu.

Norovirus Statistics:

Each year Norovirus causes:

- 19-20 million illnesses
- 56,000-71,000 hospitalizations
- 570-800 deaths
- Infected food workers cause approximately 70% of reported Norovirus outbreaks

How does Norovirus spread?

- From an infected person
- Contaminated food or water
- Touching contaminated surfaces

Who is most at-risk?

Young children, pregnant women, the elderly, and immunocompromised persons are most at risk

Norovirus life-span

Norovirus can survive for long periods outside of a human host depending on the surface and temperature conditions:

Hard surfaces - *Weeks*

Contaminated fabric - *Up to 12 days*

Contaminated still water - *Months, possibly years*

How Contagious is Norovirus?

Norovirus is **HIGHLY** contagious

The virus is most contagious when a person is sick with vomiting and diarrhea, as well as during the first several days of recovery.

Symptoms materialize suddenly; an infected person may vomit in a public place and expose others.

What are the Symptoms of the Norovirus?

Most common:

- Vomiting
- Diarrhea
- Nausea – stomach pains

Other:

- Fever
- Headaches
- Body aches

