

Date:

[INSERT TOWN HEADER]

NOROVIRUS PREVENTION

Norovirus is a contagious viral gastrointestinal illness that causes vomiting and diarrhea. The virus spreads through tiny particles of feces or vomit in contaminated food, contaminated water, contaminated surfaces, and from person to person. Symptoms typically develop 12 to 48 hours after exposure, including diarrhea, vomiting, nausea, stomach pain, fever, headaches, and body aches.

Individuals infected with norovirus can remain contagious for up to two weeks or more after infection. Children under 5 years old, older adults, and individuals with weakened immune systems are more likely to develop severe infections.

Ways to prevent the spread of norovirus include:

- Washing your hands often with soap and water for at least 20 seconds.
 - Hand sanitizer is **not** a substitute for handwashing because it does not work well against norovirus.
- Handling and preparing food safely. **Do not handle or prepare food if you have norovirus.**
 - Norovirus can survive temperatures as high as 145F, quick steaming processes do not heat food enough to kill noroviruses.
 - Separate raw shellfish, meat and poultry from any ready-to-eat foods
 - Carefully wash fruits and vegetables.
- Do not prepare, handle food, or care for others when you are sick.
- **Employees who handle food must wait 72 hours after symptoms resolve before returning to work and handling food.**
- Cleaning and disinfecting surfaces after someone vomits or has diarrhea.
 - Wear rubber or disposable gloves when cleaning.
 - Use a [chlorine bleach solution](#) to disinfect soiled areas.
- Washing laundry well by immediately removing and washing clothes or fabrics that may have vomit or feces on them and putting them in the washer and dryer at the highest settings.

Additional Resources:

- [Norovirus information and prevention tips](#)
- [Information for Food Workers](#)