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

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