



Guidelines for Avoiding Norovirus



WASH HANDS THOROUGHLY
WITH SOAP AND WATER



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

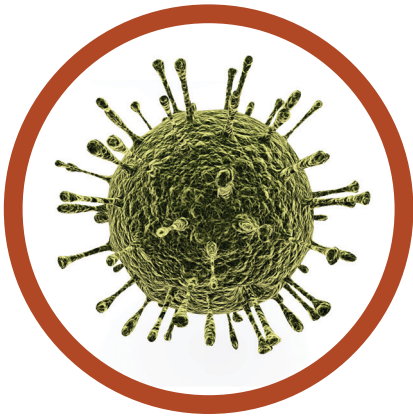
Wait at least two days after
symptoms end before returning
to work



CAREFULLY WASH FRUITS
AND VEGETABLES



CLEAN AND DISINFECT ALL
SURFACES, INCLUDING FABRIC
AND LAUNDRY



Norovirus

What is Norovirus?

Norovirus is the leading cause of foodborne illness in the United States. Those unfamiliar with the term Norovirus may call it food poisoning, stomach flu, or stomach bug.

Norovirus Statistics

- Each year Norovirus causes
- 19-21 million cases of acute gastroenteritis
 - 56,000-71,000 hospitalizations
 - 570-800 deaths
 - Infected food workers cause approximately 70% of reported Norovirus outbreaks

How does Norovirus spread?

- Direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces

Who is most at-risk?

Anyone can be affected by Norovirus, but young children, pregnant women, the elderly, and immunocompromised persons are most at risk.

How Contagious is Norovirus?

Norovirus is **HIGHLY** contagious—an infected person can shed billions of Norovirus particles and it only takes 18 viral particles to make someone sick.

The infected person is most contagious when (s)he has symptoms, especially vomiting, and during the first few days after you recover from the Norovirus illness.

Studies show that Norovirus can be spread for over two weeks after an infected person feels better.

What are the Symptoms of Norovirus?

- | | |
|-------------------------------|---------------|
| Most common: | Other: |
| ■ Vomiting | ■ Fever |
| ■ Diarrhea | ■ Headaches |
| ■ Nausea and/or stomach pains | ■ Body aches |

