

Prevent Foodborne Illness in Food Establishments

Norovirus

Norovirus is a very contagious virus.

As few as 18 virus particles can make you sick. The average person will get norovirus 5 times in their lifetime.

The virus spreads through poop and vomit of infected people.



You can get norovirus from:

- Contaminated food and water.
- Contaminated surfaces.
- Contact with a sick person.

A sick person can spread norovirus even after symptoms are gone. It can survive on countertops for weeks.

Symptoms last 1–3 days and include:

- Diarrhea.
- Vomiting.
- Nausea.
- Stomach pain.

Some people also have fever, headache, and body aches.

! Norovirus can be more dangerous to the young and elderly.



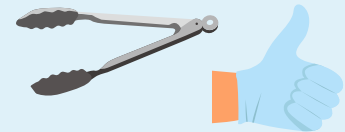
Contact your healthcare provider if your symptoms are severe.

Prevent the spread of germs.



Don't work with food when you're sick.

Stay home if you are sick. Wait at least 2 days after symptoms stop before returning to work.



Don't touch ready-to-eat food with bare hands.

Use gloves, tongs, or other utensils to avoid touching with bare hands.

Vomit or diarrhea incident at work?

Follow your vomit and diarrhea cleanup plan.



Did a customer or food worker report getting sick?

You must report it to your local health department immediately. They will help make sure more people don't get sick.

