

Prevent Foodborne Illness at Home

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.
- Contact with a sick person.
- Contaminated surfaces.

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.

Stay home if you're sick!

Do not prepare food or care for others.

Wait at least 2 days after symptoms stop.



Wash hands often.



Wash clothing in hot water.



Disinfect surfaces with bleach.
Follow directions on label.



Did you get sick after eating?

Report illnesses to your local health department immediately. They will help make sure more people don't get sick.



Do it Right!
Serve it Safe!