



TAKE STEPS TO KEEP **NOROVIRUS** FROM SPREADING



WASH YOUR HANDS

Wash your hands thoroughly with soap and water, especially after using the toilet and changing diapers, and always before eating or preparing food.



HANDLE AND PREPARE FOOD SAFELY

Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating. If you are sick with norovirus, do not prepare food for others while you have symptoms and for at least 2 days after symptoms go away.



CLEAN AND DISINFECT SURFACES

After you vomit or have diarrhea, immediately clean up the entire area using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.



WASH LAUNDRY THOROUGHLY

Immediately remove and wash clothing or linens that may have vomit or poop on it. Handle items carefully—try not to agitate them. If available, wear disposable gloves to handle soiled clothing or linens, and wash your hands after. Wash soiled items with detergent and hot water at the maximum available cycle length then machine dry them at the highest heat setting.