# **NOROVIRUS: FACTS AND PREVENTION**

### Norovirus is the leading cause of foodborne illness from contaminated hands and food.

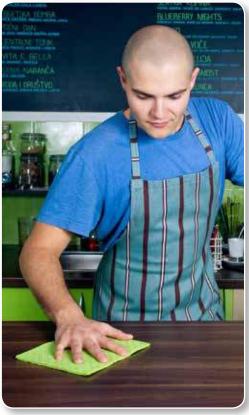
#### Food can become contaminated with norovirus when:

- There is bare hand contact with ready-to-eat food
- Working when ill with symptoms of diarrhea, vomiting, fever
- Food is contaminated where it grows or is harvested

# Food handlers with norovirus illness can spread the virus to others. Spreading occurs when:

- Infected people have stool or vomit on their hands and then touch the food with bare hands. (The virus can also spread by people who do not appear ill)
- Hands are not washed thoroughly and other surfaces are touched i.e. menus, tabletops, cutting boards, utensils and door handles
- Food is contaminated at their source, i.e. oysters harvested from contaminated water OR vegetables & fruits become contaminated in the field
- Tiny drops of vomit from an infected person sprays through the air and drops on the food
- Food is shared with co-workers (drinking soda from the same cup or sharing a utensil)





#### 5 tips to prevent norovirus from spreading:

- Practice proper hand hygiene Wash carefully a minimum of 15–20 seconds (you must wash hands after using the restroom, in between glove changes, after leaving and returning to your work station and any other time as applicable).
- **2.** Wash fruits and vegetables and cook seafood thoroughly.
- **3.** When you are sick, do not prepare food for others.
- **4.** Clean and disinfect contaminated surfaces with an approved sanitizer.
- **5.** Wash laundry thoroughly that may be contaminated with vomit or feces.

