

## [Norovirus](#)

<b>Sources</b>	Produce, shellfish, ready-to-eat foods touched by infected food workers (salads, sandwiches, ice, cookies, fruit), or any other foods contaminated with particles of vomit or feces from an infected person.
<b>Incubation period</b>	12 to 48 hours
<b>Symptoms</b>	Diarrhea, vomiting, nausea, and stomach pain. Diarrhea tends to be watery and non-bloody. Diarrhea is more common in adults and vomiting is more common in children.
<b>Duration of illness</b>	1 to 3 days. Among young children, older adults, and hospitalized patients, it can last 4 to 6 days.
<b>What to do</b>	Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.
<b>Prevention</b>	<ul style="list-style-type: none"><li>• Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom and before, during, and after preparing food.</li><li>• If you work in a restaurant or deli, avoid bare-hand contact with ready-to-eat foods.</li><li>• Clean and disinfect surfaces contaminated by vomit or diarrhea (use a bleach-based household cleaner as directed on the label). Clean and disinfect food preparation equipment and surfaces.</li><li>• If you are ill with diarrhea or vomiting and for two days afterwards, do not cook, prepare, or serve food for others.</li><li>• Wash fruits and vegetables and cook oysters and other shellfish thoroughly before eating them.</li><li>• Wash clothing or linens soiled by vomit or fecal matter immediately. Remove the items carefully to avoid spreading the virus. Machine wash and dry.</li></ul>