# Norovirus

## Sources

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.

## Incubation period

12 to 48 hours

## Symptoms

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.

## Duration of illness

1 to 3 days. Among young children, older adults, and hospitalized patients, it can last 4 to 6 days.

## What to do

Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.

## Prevention

- 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.
- If you work in a restaurant or deli, avoid bare-hand contact with ready-to-eat foods.
- 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.
- If you are ill with diarrhea or vomiting and for two days afterwards, do not cook, prepare, or serve food for others.
- Wash fruits and vegetables and cook oysters and other shellfish thoroughly before eating them.
- Wash clothing or linens soiled by vomit or fecal matter immediately. Remove the items carefully to avoid spreading the virus. Machine wash and dry.