**Norovirus**

<table>
<thead>
<tr>
<th>Sources</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>12 to 48 hours</td>
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<tr>
<td>Symptoms</td>
<td>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.</td>
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<tr>
<td>Duration of illness</td>
<td>1 to 3 days. Among young children, older adults, and hospitalized patients, it can last 4 to 6 days.</td>
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<tr>
<td>What to do</td>
<td>Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.</td>
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</tbody>
</table>
| 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. |