

[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	<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>

