

## Norovirus Fact Sheet

Norovirus has been called the “two-bucket syndrome” and can often be confused with symptoms of the flu. Symptoms are typically:

- ▶ Vomiting, diarrhea, nausea, and some stomach cramping. Sometimes people can experience low-grade fever, chills, headache, muscle aches, and a general sense of tiredness.

This illness can begin very suddenly and violently, but the illness is usually brief only lasting 1 or 2 days.

### Why is this so important to your establishment?

- ▶ Noroviruses are found in the stool or vomit of infected people.
- ▶ Noroviruses are **very contagious** and can spread easily from person to person.
- ▶ People may shed the virus for as long as 7 days after recovery even after their symptoms disappear.

### What are ways that you can prevent the spread Norovirus in your establishment?

- ▶ Exclude employees if they are exhibiting symptoms of the Noroviruses.
- ▶ Before returning to work make sure they obtain or receive clearance from a doctor. (It is strongly recommended that employees be symptom free for a period of 48 to 72 hours prior to returning to work.)
- ▶ Explain to employees that if they live with someone or come in close contact with someone who is exhibiting these symptoms they should let the PIC/Manager know. The PIC/Manager should restrict the employee to a non-food assignment.
- ▶ **Most importantly employees must wash hands often.** Make it a policy that employees must re-wash their hands upon entering the kitchen after using the restroom. Double hand washing can help prevent the spread of illness.
- ▶ Wash fruits and vegetables, and steam oysters before preparing/eating them.
- ▶ Keep displayed food and silverware covered.



### What do I do if I suspect someone has Norovirus and has been working in the establishment?

- ▶ Exclude the employee immediately from working in the establishment.
- ▶ Do not sell any food that the suspected ill person may have been working with and keep in a separate area until further testing has been completed. Sanitize any food contact surfaces that the infected employee may have come in contact with or discard single service articles.
- ▶ Implement cleaning procedures with a bleach/water solution to disinfect all surfaces. A chlorine based sanitizer mixed with water to create 200 ppm is the only way to kill this virus, quaternary ammonium and iodine are not effective.
- ▶ Make sure all surfaces are completely sanitized.