



Prevent Norovirus from Spreading

Be prepared to protect yourself and customers from getting sick.

What is Norovirus?

- It is a virus that is easily spread by person to person contact, eating food contaminated by an ill food worker or by touching surfaces (door knobs, countertops, faucets, etc.) that have been contaminated with the virus.
- The virus affects the stomach, causing vomiting and diarrhea.
- People will start seeing symptoms 12-48 hours after they are infected.
- Infected people can spread the illness for at least three days after they feel better.

How do I respond to a vomiting or diarrheal accident?

1. CLEAN UP!

- a.** Wear protective clothing (i.e. disposable gloves, apron, mask). Use paper towels and absorbent material (i.e. baking soda) to clean up vomit or diarrhea right away. Throw dirty paper towels into a plastic trash bag.
- b.** Wash the area with soap and water along with nearby surfaces that may have been touched (i.e. door knob, toilet handle). Rinse carefully with water and wipe with paper towels until dry.



2. DISINFECT!

- a.** Hard surfaces can be cleaned with a chlorine bleach mixture using **1 ½ cup of regular strength bleach (5.25%) + 1 gallon of water.**
- b.** Apply bleach and let it sit for 5 minutes, then rinse it off.



3. WASH HANDS!

- a.** Carefully take off and throw away dirty gloves and other protective clothing if used. Clothing and cloths used for clean-up can be machine-washed with hot water, detergent, and bleach if needed.
- b.** Use hot water and soap to wash hands carefully for **20 seconds!**



The 2013 FDA Food Code requires food facilities to have a plan for vomiting & diarrheal accidents. You may set up a plan with these CDC-recommended steps!

Fairfax County Health Department
A Fairfax County, Va., publication. January 2017.
To request this information in an alternate format,
call 703-246-2444, TTY 711.
www.fairfaxcounty.gov/health

