

Keeping Norovirus at Bay

Beat the bug before it bites



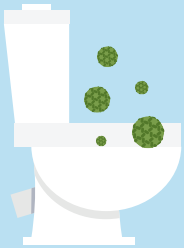
Norovirus is a very contagious virus.

The average person will get norovirus **5** times in their lifetime.



Norovirus spreads through food, surfaces and personal contact.

As few as **18** virus particles can make you sick.



Norovirus spreads through the feces and vomit of infected people.



Norovirus symptoms are diarrhea, nausea and vomiting. Some people also have fever, chills and headache.

Symptoms last **1 to 3** days.



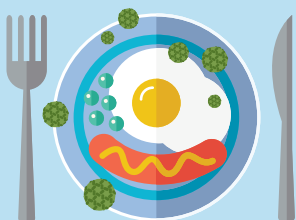
You can spread norovirus even after symptoms are gone.

Norovirus can survive on countertops for **2** weeks.



Norovirus can be dangerous to the young and elderly. If people become dehydrated, they may need hospital care.

If you are sick, stay home and do not prepare food for others.



To prevent spreading norovirus, wash hands frequently, disinfect surfaces with bleach, and wash clothing in hot water.

