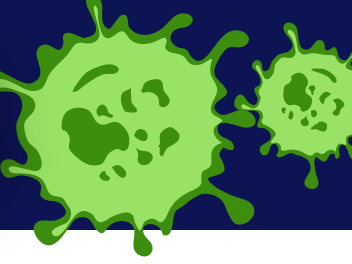


PREVENT NOROVIRUS



STOP THE "STOMACH BUG" SPREAD

Norovirus is the #1 cause of diarrhea or vomiting outbreaks spread by direct contact with an infected person or touching a contaminated surface.

Follow these steps to stop the spread!

WASH HANDS

Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth.



CLEAN SURFACES

Clean frequently-touched surfaces using a bleach-based cleaner to disinfect surfaces along with other objects that are frequently touched.



WASH LAUNDRY

Remove and wash soiled clothes and linens immediately, then tumble dry.

RINSE FRUITS & VEGGIES

Norovirus on food can make you sick. Rinse fresh fruits and vegetables before eating them.



COOK SHELLFISH

Noroviruses can survive low cooking temps. Cook shellfish at 140°F or higher.



STAY HOME IF SICK

When you're sick, don't prepare food or care for others. Wait 2-3 days after you recover.

