

Personal Health Measures for the Prevention and Control of Norovirus NC Public Health Recommendations

To keep from becoming sick:

1. **WASH HANDS FREQUENTLY**, always after toilet visits and before eating food prepared by someone else.
2. Use soap and warm water; alcohol-based hand sanitizers may not be effective against norovirus.
3. Avoid buffet meals during periods of widespread community illness of norovirus.

If you are sick or you are caring for someone who is sick:

1. **WASH HANDS FREQUENTLY**, always after toilet visits and before preparing food/drink for yourself.
2. Use soap and warm water; alcohol-based hand sanitizers may not be effective against norovirus.
3. Clean and disinfect surfaces contaminated with vomit/stool immediately using a bleach-based household cleaner, or dilute household bleach 1:10 in water (must be mixed fresh daily). *Never use concentrated bleach.*
4. Immediately remove and wash clothing, towels, or bed linens that may be contaminated with vomit/stool using hot water and a detergent.
5. Take a shower several times a day while actively sick with vomiting or diarrhea.
6. Carefully wash and rinse fruits and vegetables before consuming.
7. If you are sick, don't go to work or school, and stay at home if at all possible.
8. People who are infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly

Warning:

Norovirus infections usually last 1- 3 days. If you are still having symptoms after 3 days, you should probably call your health care provider for medical advice.

Infants, young children, and people who are unable to care for themselves, such as the disabled or elderly, are at risk for dehydration. Immune compromised persons are at risk for dehydration because they may get a more serious illness, with more vomiting or diarrhea. They may need to be hospitalized for treatment to correct or prevent dehydration. People should contact their health care provider if they have concerns.