

# Prevent Norovirus Food Poisoning!

Food poisoning due to norovirus is more common in the winter because the virus is resistant to cold and dry environments. The incubation period (time from exposure to onset of symptoms) is 24 to 48 hours, and the main symptoms are vomiting, diarrhea, and abdominal pain.



## Remember to:

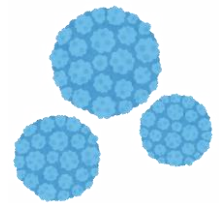
1. Wash your hands!
2. Cook thoroughly!
3. Monitor your health!

## How It Spreads

1. **Contaminated food or drink:** Consuming any food or drink that has been contaminated by someone such as a food manufacture worker, kitchen staff, or home cook who has been infected. Furthermore, the virus can still be spread through stool for about a week after exposure, so continue to exercise caution even if symptoms disappear.
2. **Contaminated shellfish:** Eating contaminated shellfish such as oysters raw or undercooked. There are risks associated with serving raw shellfish to customers in restaurants and other establishments.
3. **Contact with an infected person:** Touching an infected person's stool or vomit. If vomit and other excrements are not properly disposed of at home or in other shared living spaces, the virus can enter the mouth and spread through objects such as towels and doorknobs.

## Prevention & Precautions

1. Wash and sanitize hands before handling food and after using the washroom.
2. Properly dry hands after washing with paper towels, etc.
3. Cook shellfish thoroughly before consumption and avoid eating them raw.
4. Clean cutting boards, knives, dish towels, and other kitchen supplies with boiling water and disinfectant.



### Preventing the spread at restaurants and other food establishments:

5. Any employee who develops cold-like symptoms such as diarrhea, nausea, vomiting, abdominal pain, or fever should stop handling food and seek medical attention as soon as possible.

### Preventing the spread at home, daycare, school, or other locations:

6. Exercise extreme caution when handling the stool or vomit of an infected person.
  - A) Avoid directly touching the stool or vomit, but if contact does occur, be sure to clean and disinfect.
  - B) Wear gloves and a mask when cleaning up soiled clothes, and be sure to disinfect any equipment used.
  - C) Wash hands and gargle mouth thoroughly after cleaning up.