

Norovirus is very contagious and can live on surfaces for a very long time. It can be easily spread from person-to-person, especially in group settings, such as holiday gatherings. In most cases, ill persons recover on their own. The very young and elderly are at higher risk for dehydration. Those with severe diarrhea should drink plenty of fluids. Individuals can reduce their risk of becoming infected through frequent hand washing using soap and warm water for a minimum of 20 seconds (alcohol based hand sanitizers do **NOT** prevent the spread of norovirus).

Preventing contamination of food, drinks and surfaces is critical to preventing the spread of norovirus. Anyone with norovirus should not prepare or serve food until they have been symptom-free for three days. Spread of norovirus can be prevented by disinfecting contaminated surfaces with household chlorine bleach-based cleaners and prompt washing of contaminated articles of clothing. Anyone showing symptoms such as vomiting and diarrhea should not go to daycare, school, or work until symptoms have subsided. Persons who work in nursing homes, take care of patients, or handle food should stay out of work for two to three days after symptoms end.

Fact sheets to help prevent the spread of norovirus and additional information can be found at www.gchd.us. The Genesee County Health Department wishes you healthy holidays! Our motto is "Better Life Through Better Health."

Better Life Through Better Health

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