

CDC Recommendations for NOROVIRUS

Norovirus is a very contagious virus that can infect anyone.
This is frequently referred to as the stomach flu.

You can get it from an infected person, contaminated food/water or
contaminated surfaces.

The virus may cause stomach pain, nausea, diarrhea and vomiting.
Usually last 48 hours or less. If symptoms continue or worsen
contact your physician.

PROTECT YOURSELF FROM NOROVIRUS
WASH YOUR HANDS OFTEN
RINSE FRUITS AND VEGETABLES
COOK SHELLFISH THOROUGHLY
CLEAN SURFACES AND KEEP CLOTHES CLEAN

IF YOU ARE SICK-

Don't prepare food/care for people
Stay home if at all possible
Limit contact with elderly, newborns, and pregnant women

For additional information, visit the following websites:

CDC - www.cdc.gov/norovirus

Illinois Department of Public Health – www.idph.state.il.us