

# Norovirus

## What if a sick customer or employee vomits or has diarrhea in your business?

- ✓ **Clean up vomit and diarrhea right away** Wear protective clothes, gloves and mask.

Use absorbent material to soak up liquids.

Do not vacuum.

Wash surfaces that contacted vomit or diarrhea with soapy water.

- ✓ **Disinfect surfaces with a chlorine bleach solution**

Mix one cup of bleach to one gallon of water.

- ✓ **Wash hands thoroughly with soap and water**

Hand sanitizers are not effective against norovirus.



Graphic: Olmsted County Public Health Services

## Norovirus is the leading cause of foodborne illness in the United States

Norovirus can cause severe vomiting, diarrhea and stomach cramps lasting up to two days. Less common symptoms can include a low fever, chills, headache and muscle aches.

## Prevent the spread of norovirus at your food business

Make sure your employees:

- **Wash their hands frequently** with warm, soapy water
- **Do not use bare hands** to touch ready-to-eat food, ice or garnishes
- **Do not work when sick** with vomiting or diarrhea
- **Do not work for at least 24 hours** after symptoms have ended
- **For a norovirus outbreak, do not return to work for at least 72 hours** after symptoms have ended

## Norovirus spreads from an ill person's poop or vomit to another person's mouth

Billions of virus particles are in the poop and vomit of a person sick with norovirus. The disease is spread in two main ways:

- Norovirus particles in poop get on the sick person's hands and easily spread to any food, water or surface they touch
- Norovirus particles in vomit can travel through the air in tiny droplets and land on food, water or surfaces

Those virus particles can remain infectious for many days. When other people eat the contaminated foods or touch contaminated surfaces, they can swallow the virus particles and become ill.

People who have been sick with norovirus can still be contagious for three days or more after recovery.

## Resources

### [Norovirus flyer in Spanish](#)

Minnesota Department of Health Resources:

- [Employee Illness Decision Guide](#)
- [Do Not Work](#) postcard
- [Employee Illness Log](#)

For reasonable accommodations or alternative formats please contact Minneapolis Environmental Services at [health@minneapolismn.gov](mailto:health@minneapolismn.gov) or 612-673-2301. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-263-6850.

Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311