**PREVENT NOROVIRUS**

**STOP THE "STOMACH BUG" SPREAD**

Norovirus is the #1 cause of diarrhea or vomiting outbreaks spread by direct contact with an infected person or touching a contaminated surface.

Follow these steps to stop the spread!

- **WASH HANDS**
  Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth.

- **CLEAN SURFACES**
  Clean frequently-touched surfaces using a bleach-based cleaner to disinfect surfaces along with other objects that are frequently touched.

- **WASH LAUNDRY**
  Remove and wash soiled clothes and linens immediately, then tumble dry.

- **RINSE FRUITS & VEGGIES**
  Norovirus on food can make you sick. Rinse fresh fruits and vegetables before eating them.

- **COOK SHELLFISH**
  Noroviruses can survive low cooking temps. Cook shellfish at 140°F or higher.

- **STAY HOME IF SICK**
  When you’re sick, don’t prepare food or care for others. Wait 2-3 days after you recover.

Delaware Public Health District
Dedicated to your health

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