

## Personal Health Measures for the Prevention and Control of Norovirus NC Public Health Recommendations

### To keep from becoming sick:

1. **WASH HANDS FREQUENTLY**, always after toilet visits and before eating food prepared by someone else.
2. Use soap and warm water; alcohol-based hand sanitizers are not effective against norovirus.
3. Avoid buffet meals during periods of widespread community illness of norovirus.

### If you are sick or you are caring for someone who is sick:

1. **WASH HANDS FREQUENTLY**, always after toilet visits and before preparing food/drink for yourself.
2. Use soap and warm water; alcohol-based hand sanitizers are not effective against norovirus.
3. Clean and disinfect surfaces contaminated with vomit/stool immediately using a bleach-based household cleaner according to the table below. The concentration of bleach-based solution shown to be effective against norovirus is between 1000 and 5000 parts per million (ppm). Never use concentrated bleach. See table below for the quantities of water and bleach needed based on the amount of sodium hypochlorite in the product and the desired concentration you want to achieve. Solution should be made daily, or can be stored in a dark (light-proof) container and discarded after 30 days.

Recommended Bleach Preparation Quantities		
5.25% Sodium hypochlorite		
		Bleach per gallon of water
Bleach (Free Chlorine) Concentration	1000 ppm	1/3 cup
	5000ppm	1 2/3 cup

Recommended Bleach Preparation Quantities		
8.25% Sodium hypochlorite		
		Bleach per gallon of water
Bleach (Free Chlorine) Concentration	1000 ppm	3 TBSP
	5000ppm	1 cup

4. Immediately remove and wash clothing, towels, or bed linens that may be contaminated with vomit/stool using hot water and a detergent.
5. Take a shower several times a day while actively sick with vomiting or diarrhea.
6. Carefully wash and rinse fruits and vegetables before consuming.
7. If you are sick, don't go to work or school, and stay at home if at all possible for at least 48 hours after your last symptom has ended.
8. People who are infected with norovirus should not prepare food for non-household members while they have symptoms and for 2 days after they recover from their illness. Food that may have been contaminated by an ill person should be thrown away.

### Please Note:

Norovirus infections usually last 1- 3 days. If you are still having symptoms after 3 days, you should probably call your health care provider for medical advice.

Infants, young children, and people who are unable to care for themselves, such as the disabled or elderly, are at risk for dehydration. Immune compromised persons are at risk for dehydration because they may get a more serious illness, with more vomiting or diarrhea. They may need to be hospitalized for treatment to correct or prevent dehydration. People should contact their health care provider if they have concerns.