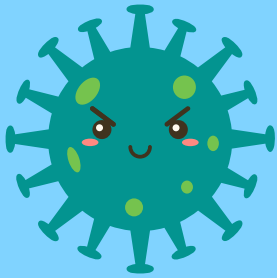


Norovirus - The "Stomach Bug"

Facts and Prevention Tips for Childcare Centers and Schools

Norovirus is a highly contagious virus that spreads very easily and quickly.



Norovirus illness can happen at any time, but it is most common from **November to April**.



The most common norovirus symptoms are diarrhea, vomiting, and stomach pain.



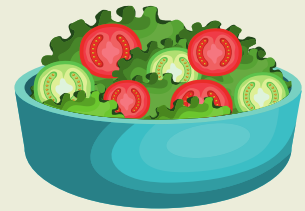
Norovirus spreads in many ways.

- Direct contact with someone infected with norovirus
- Contaminated food
- Contaminated water
- Contaminated surfaces

If you are sick with norovirus, stay home until **24 to 48 hours** after symptoms are gone.*



Wait until **48 to 72 hours** after symptoms are gone to resume food preparation duties.*



Wash your hands with warm water and soap.



Hand sanitizers are not effective against norovirus.

Clean and disinfect commonly used areas and surfaces regularly.



Products effective against norovirus are listed on EPA's List G. Scan the QR code to go to the list.

Report suspected or confirmed outbreaks of norovirus to your local health department.

Scan QR codes below for more information from New Jersey Department of Health about:

[Norovirus](#)

[School Health](#)



*Exclusion time may vary. If needed, contact your local health department.