

Information for Childcare Centers & Schools

What is norovirus?

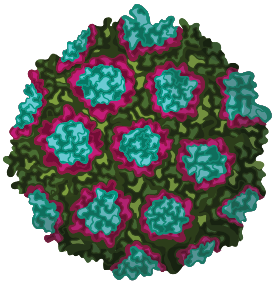
Also known as “the stomach bug,” norovirus is a very contagious virus that spreads quickly and easily.



Peak Season

Norovirus can spread at any time, but most people get sick from November to April.

Common symptoms:



- Diarrhea
- Vomiting
- Stomach pain
- Nausea

How It Spreads

- Direct contact with someone with the virus
- Contaminated food, water, or surfaces



PRECAUTIONS



Wash Your Hands

Wash your hands with warm water and soap. **Hand sanitizers don't work well against norovirus.**



Stay Home

If you get norovirus, stay home from school/work for 24-48 hours after symptoms are gone.**



Keep It Clean

Regularly clean and disinfect commonly used areas/surfaces.*



Preparing Food

Do not prepare food for others until 48-72 hours after symptoms have resolved.**

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

New Jersey Department of Health information about:



Norovirus



School Health

*Environmental Protection Agency's list of products effective against norovirus (List G):



**Exclusion times may vary during outbreaks; contact your local health department.