# Norovirus - The "Stomach Bug"

## Facts and Prevention Tips for Childcare Centers and Schools

<table>
<thead>
<tr>
<th>Norovirus is a highly contagious virus that spreads very easily and quickly.</th>
<th>Norovirus illness can happen at any time, but it is most common from November to April.</th>
<th>The most common norovirus symptoms are diarrhea, vomiting, and stomach pain.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="https://via.placeholder.com/150" alt="Norovirus" /></td>
<td><img src="https://via.placeholder.com/150" alt="Calendar" /></td>
<td><img src="https://via.placeholder.com/150" alt="Sick Child" /></td>
</tr>
</tbody>
</table>

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.

Clean and disinfect commonly used areas and surfaces regularly.

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

Hand sanitizers are not effective against norovirus.

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

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