



**ALAMEDA COUNTY HEALTH
PUBLIC HEALTH DEPARTMENT**

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Acute Viral Gastroenteritis Outbreak Recommendations for School and Childcare Settings Updated 01/2024 COVER SHEET

This guidance was created by the Alameda County Public Health Department (ACPHD) and is intended for use by school and childcare settings for the management and containment of norovirus/viral gastroenteritis outbreaks. More detailed guidance is available on the [California Department of Public Health \(CDPH\) website](#). Report all suspected or confirmed norovirus/viral gastroenteritis outbreaks to Alameda County Public Health Department by calling (510) 267-3250.

If your school or childcare is experiencing a norovirus/viral gastroenteritis outbreak please begin reviewing the attached packet, which includes the following documents and guidelines:

- ☒ [Recommendations Checklist for Schools and Childcare Settings](#) (ACPHD, 2024)
- ☒ [Norovirus Info for Schools and Childcare Infographic](#) (ACPHD, 2023)
- ☒ Norovirus Clean-Up and Disinfection (Somerset County Public Health Department, 2015)
 - Clean-up and disinfection after a vomiting or diarrhea incident – [English](#) and [Spanish](#) versions
 - General cleaning and disinfection during an outbreak – [English](#) and [Spanish](#) versions
- ☒ CDC Norovirus Fact Sheets and Information (CDC, 2023)
 - Norovirus Key Facts, [English](#) and [Spanish](#) versions - for sharing with staff, students, and families
 - [Norovirus Key Facts for Food handlers](#) - for sharing with food service staff
 - [How Norovirus is Spread infographic](#)
 - Additional information on Norovirus is available on the CDC website:
<http://www.cdc.gov/norovirus/index.html>
- ☒ **[“Line List” of new onset cases, to be faxed daily to 510-273-3744 or sent by encrypted email to AcuteCD@acgov.org](#)** (ACPHD, 2024)

Staff from Alameda County Public Health- Acute Communicable Diseases Section and Alameda County Environmental Health staff may conduct a site visit and provide additional recommendations, as needed. If a site visit is warranted, you will be contacted to arrange a date and time. For site visits, we request the presence of the following school representatives: school principal or administrator, head of maintenance/operations/janitorial, school nurse, dietary/food service director, and kitchen supervisor.

Note: Privacy Rule (HIPAA) permits covered entities to disclose PHI without authorization to public health authorities or other entities who are legally authorized to receive such reports for the purpose of preventing or controlling disease. This includes the reporting of disease, conducting public surveillance, investigations, or interventions.

(ACPHD, 01/2024)

Norovirus/Viral Gastroenteritis Recommendations Checklist for School and Childcare Settings

Recommendations

Limit transmission when initial case of viral gastroenteritis is suspected

For isolated incidents of vomiting and/or diarrhea, refer to the CDPH [Considerations when a Child has Symptoms of Illness in Child Care or School](#). When there are increases or clusters of illnesses due to vomiting and/or diarrhea, report your suspected outbreak of gastroenteritis to the Acute Communicable Disease Section at (510) 267-3250 and implement this guidance.

Instruct ill students or staff with symptoms of vomiting or diarrhea to immediately tell their teacher, principal, or school nurse. Keep ill students and staff away from other students/staff until they can be safely sent home.

Immediately remove students/staff from any area where vomiting has occurred until the area has been cleaned and disinfected with a bleach solution or approved disinfectant for Norovirus. See “Clean-Up and Disinfection for Norovirus” instructions in [English](#) and [Spanish](#) included in this packet for detailed guidance on cleaning and disinfection after a vomiting or diarrhea incident.

During a gastroenteritis outbreak, instruct ill staff, students, visitors, or volunteers to stay home from school and extracurricular activities until they have been symptom-free (no vomiting or diarrhea) for **48 hours**.

The principal or designee should record names and contact information of possible new cases. **An updated Line List should be sent daily** to the Acute Communicable Disease Section via fax: (510) 273-3744 or by encrypted email to AcuteCD@acgov.org. If there are no new cases, us the checkbox for “No new illness to report”.

Promote hand hygiene: Proper hand washing with soap and running water for at least 20 seconds is the most effective way to reduce contamination on the hands.

Hand sanitizer gel is not effective against Norovirus, the most common cause of viral gastroenteritis.

General Cleaning and Disinfection

Cleaning staff should wear a mask, disposable gloves, gowns, and eye protection when cleaning up vomit or fecal material. When finished, remove protective gear before leaving area and wash hands immediately with soap and water.

Immediately use disposable absorbent materials like paper towels, baking soda, sawdust, or kitty litter to clean up visible vomit and stool. Put soiled absorbent material into a plastic trash bag right away.

Clean the area with soap and water then use a **freshly prepared** bleach solution to disinfect contaminated surfaces as well as surfaces within a 10-to-25-foot radius of the vomit incident. **See attached “Clean-Up and Disinfection for Norovirus” instructions in [English](#) and [Spanish](#) for directions to make a bleach solution. Allow surfaces to remain wet for at least 5 minutes. Rinse food contact surfaces with clean water.**

Bleach is the most effective disinfectant against norovirus. If unable to use bleach, use a disinfectant from [EPA List G](#), but be aware that these disinfectants may not be as effective as bleach. **Never mix bleach with any other cleaning products.**

Whenever possible use cleaning materials that can be thrown away after each use. If not possible, change bleach solution, mop head, or any other cleaning materials after each clean up and launder them with hot water before using again.

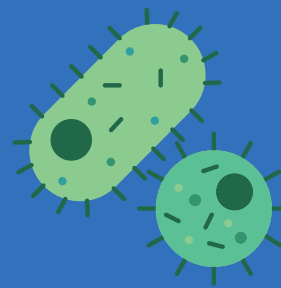
Supply classrooms with disinfectant spray or wipes listed on [EPA List G](#) for use by teachers and staff to frequently disinfect high-touch surfaces in the classroom, such as desks, doorknobs, chairs, tablets, and other non-porous classroom item/surfaces that are frequently touched. Always keep cleaning supplies in an area where they cannot be accessed by students.

For contaminated surfaces that cannot be disinfected with bleach, such as carpets and soft furnishings, after removing the vomit or feces and cleaning with soap and hot water, steam-clean at a temperature of 158° F for five minutes or 212°F for one minute. **To minimize aerosolization of virus particles, do not vacuum.**

Implement at least twice daily general cleaning and disinfection of common areas and high-touch surfaces such as classrooms, bathrooms, cafeteria, door handles, handrails, light switches, desks, chairs, tablets, keyboards, play structures and sports equipment. See attached instructions in English and Spanish for guidance on general cleaning and disinfection of common areas and frequently touched surfaces during an outbreak.
Ensure that soap and paper towels are well stocked near handwashing sinks and that any trash can with body fluids is quickly covered and then removed by trained staff/maintenance.
Food Areas
Immediately notify the Acute Communicable Diseases Section at (510) 267-3250 if any cafeteria staff or any staff member who handles or prepares food become ill (either at home or at work).
Use a bleach solution to disinfect all food preparation and services areas as well as dining tables, chairs, self-serve food areas, drink/ice dispensers and vending machines at least twice daily and before meals/snack. Allow surface to remain wet for at least 5 minutes, then rinse using clean water. If a surface is soiled with vomit or feces, use the English and Spanish instructions for cleaning and disinfecting after a vomiting or diarrhea incident.
Use dedicated food service areas, away from students, and serve food in a dedicated area, when possible.
Wash and sanitize all eating and serving utensils after each use.
All staff and students should wash hands thoroughly prior to meals and snacks.
Serving of food should be done by dedicated staff who are wearing gloves. Students and staff who change diapers should not touch serving utensils or food items. Utilize pre-packaged snacks, handed out by individual staff when possible during outbreak.
Discontinue any activities/crafts involving food until the outbreak is declared over by the Acute Communicable Diseases Section.
Bathrooms and Diaper Changing Areas
Wash and sanitize handwashing sinks, faucets, counters, toilet seats, handles, and bowls, soap dispensers, and bathroom door knobs at least twice a day. Use the English and Spanish cleaning and disinfection instructions for bathroom surfaces that are soiled with vomit or feces.
Utilize disposable covers on any diaper changing surfaces. Clean and disinfect changing areas after every diaper change. Do not change diapers on any surfaces that are used for food preparation/service or student activities/play.
Staff should wear gloves while changing diapers and must wash hands immediately following diaper changing or after assisting anyone with toileting.
Other Recommendations
Consider excluding affected classrooms from group activities (e.g., clubs, dances, sports, assemblies).
Notify the school community about the outbreak and instruct parents/guardians to keep children home if ill with vomiting or diarrhea. See Appendix E in CDPH Norovirus Toolkit for a sample notification letter.
Vans/Buses: Clean and disinfect inside of all transport vans or buses on a daily basis using a bleach solution. If the bus is soiled with vomit or feces, use the English and Spanish instructions for cleaning and disinfecting after a vomiting or diarrhea incident.
For soiled clothing, costumes, or plush toys, remove vomit/feces, then use the pre-wash cycle followed by regular cycle with detergent. Dry items at a temperature greater than 170° F. Do not mix contaminated and non-contaminated items in one load.
In daycare settings with young children, be sure to disinfect any item that has been in a child's mouth before it is used by other children. Be sure that staff washes hands with soap and water after touching items that have been in children's mouths.
This packet is meant to supplement the CDPH Norovirus Toolkit for School and Childcare Center Outbreaks. Refer to the CDPH toolkit for more detailed guidance. Call the Acute Communicable Section at (510) 267-3250 for questions or to report an outbreak.

NOROVIRUS INFO FOR SCHOOLS AND CHILDCARE

What you need to know



Norovirus is highly contagious and causes symptoms of nausea, vomiting, diarrhea, and stomach pain.



Outbreaks are common in schools and childcare settings, especially between November and April



Students and staff ill with vomiting or diarrhea must stay home until they feel better for 48 hours



Wash hands often with soap and water



Clean and disinfect high-touch surfaces and areas like desks, doorknobs, bathrooms, and tablets



Immediately clean and disinfect surfaces contaminated with vomit or feces



Report any increase in illnesses due to vomiting or diarrhea to Alameda County Public Health Department at (510) 267-3250 or AcuteCD@acgov.org

Clean-up and Disinfection for Norovirus ("Stomach Bug")

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up

- Remove vomit or diarrhea right away!**
 - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
 - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
 - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners



IF HARD SURFACES ARE AFFECTED...

e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

1/3 CUP BLEACH + 1 GALLON WATER

CONCENTRATION ~1000 ppm



IF POROUS SURFACES ARE AFFECTED...

e.g., wooden floors or unsealed concrete or natural stone surfaces

1 2/3 CUPS BLEACH + 1 GALLON WATER

CONCENTRATION ~5000 ppm

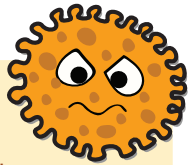


- Air dry surfaces unlikely to have food or mouth contact**
or...
- Rinse all surfaces intended for food or mouth contact with plain water before use**

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus

Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

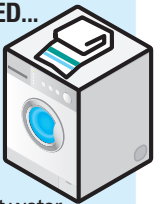
Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and **bleach** if recommended, choosing the longest wash cycle
- Machine dry



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Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



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Limpieza y desinfección para los norovirus ("gripe estomacal")

ESTAS INDICACIONES DEBEN USARSE PARA REACCIONAR ANTE CUALQUIER ACCIDENTE DE VÓMITO O DIARREA.

Nota: Todo aquello que haya estado en contacto con el vómito o la diarrea debe descartarse o desinfectarse.

1 Limpie

a. Retire de inmediato el vómito o la diarrea.

- Use ropa protectora, como guantes desechables, delantal o máscara, limpie el vómito o la diarrea con toallas de papel.
- Use sepiolita, bicarbonato de sodio u otro material absorbente en las alfombras y los tapizados a fin de absorber el líquido; no aspire el material: recójalo con toallas de papel.
- Deseche las toallas de papel o los residuos en una bolsa de plástico para basura o en una bolsa para material biológico peligroso.

b. Use agua con jabón para lavar las superficies que estuvieron en contacto con el vómito o la diarrea y todas las superficies cercanas de contacto más frecuente, tales como las perillas de las puertas y las manijas de los sanitarios.

c. Enjuague cuidadosamente el piso solo con agua.

d. Seque frotando la superficie con toallas de papel.

NO SE DETENGA AQUÍ: los gérmenes pueden permanecer en las superficies incluso después de haberlas limpiado.

2 Desinfecte las superficies aplicando una solución de blanqueador con cloro

Para el caso de las alfombras y los tapizados, es posible que se prefiera la limpieza al vapor. El blanqueador con cloro podría dejarles manchas permanentes.

a. Prepare una solución de blanqueador con cloro.

Prepare una solución de blanqueador nueva cada día. Manténgala fuera del alcance de los niños. Nunca mezcle la solución de blanqueador con otros limpiadores.



SI SE AFECTARON SUPERFICIES DURAS...
por ejemplo, superficies no porosas, vinilo, mosaicos de cerámica, encimeras selladas, lavabos e inodoros

$\frac{1}{3}$ TAZA DE BLANQUEADOR + 1 GALÓN DE AGUA
Concentración: ~1000 ppm



SI SE AFECTARON SUPERFICIES POROSAS...
Por ejemplo, pisos de madera o de cemento húmedo, o superficies de piedras naturales

$1 \frac{2}{3}$ TAZA DE BLANQUEADOR + 1 GALÓN DE AGUA
Concentración: ~5000 ppm



b. Ventile las superficies secas que probablemente no tengan contacto con la comida o la boca.

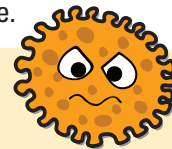
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c. Enjuague solo con agua todas las superficies destinadas a estar en contacto con la comida y la boca antes del uso.

3 Lávese minuciosamente las manos con agua y jabón

Es posible que los desinfectantes para las manos no sean eficaces para combatir los norovirus.

Datos sobre los norovirus



Los norovirus constituyen la causa principal de los brotes de diarrea y vómitos en Estados Unidos y se propagan con rapidez.

Los norovirus se contagian al estar en contacto con una persona infectada, al tocar una superficie contaminada, al consumir alimentos contaminados o al beber agua contaminada. Las partículas de los norovirus incluso pueden encontrarse suspendidas en el aire y luego establecerse en las superficies, expandiendo la contaminación.

Las partículas de los norovirus son extremadamente pequeñas y miles de millones de ellas se encuentran en las heces o en el vómito de las personas infectadas.

Cualquier vómito o diarrea puede contener norovirus y debe tratarse como si así fuera.

Las personas pueden contagiar los norovirus a otras durante al menos tres días después de haber estado enfermas.

SI SE AFECTARON LA ROPA U OTRAS TELAS...

- Quite y lave toda la ropa o las telas que pueden haber estado en contacto con vómito o diarrea.
- Lave a máquina estos elementos con detergente, agua caliente y **blanqueador**, si fuese recomendado, y elija siempre el ciclo de lavado más largo.
- Seque a máquina.



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Expertos científicos de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) de Estados Unidos ayudaron a crear este póster. Para obtener más información sobre la prevención de los norovirus, consulte <http://www.cdc.gov/norovirus/preventing-infection.html>.



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Help Prevent the Spread of Norovirus ("Stomach Bug")

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

1 Clean up surfaces

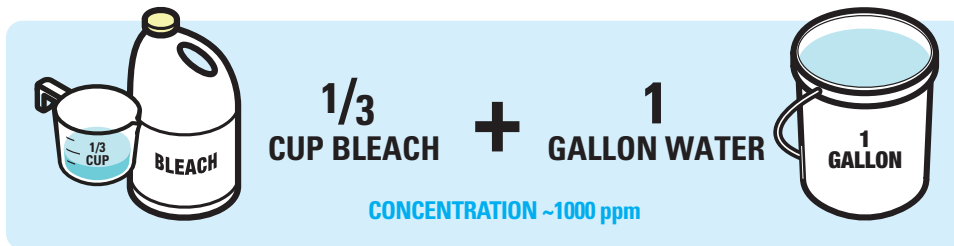
- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces

- Prepare and apply a chlorine bleach solution

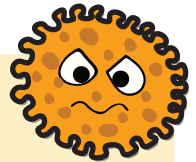
Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners



- Air dry surfaces unlikely to have food or mouth contact
or...
- Rinse all surfaces intended for food or mouth contact
with plain water before use

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus



Facts about Norovirus

Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



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Ayude a prevenir la propagación de los norovirus ("gripe estomacal")

SI LOS NOROVIRUS ESTÁN AFECTANDO SU COMUNIDAD, AQUÍ LE PRESENTAMOS ALGUNAS MEDIDAS QUE PUEDE TOMAR PARA AYUDAR A PREVENIR ENFERMEDADES FUTURAS.

1 Limpie las superficies

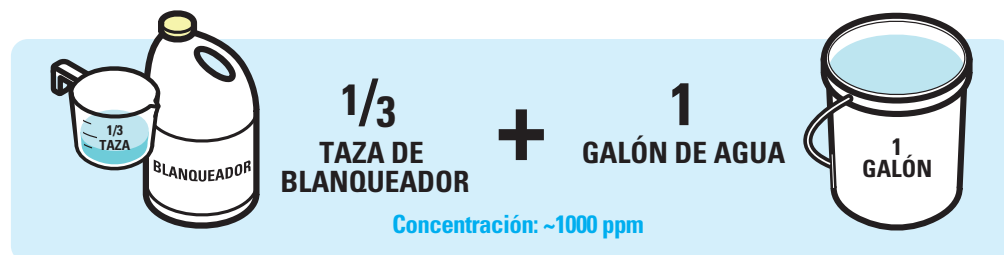
- Limpie las superficies de contacto más frecuente con agua y jabón.
- Enjuague cuidadosamente el piso solo con agua.
- Seque frotando la superficie con toallas de papel.
- Deseche las toallas de papel.

NO SE DETENGA AQUÍ: los gérmenes pueden permanecer en las superficies incluso después de haberlas limpiado.

2 Desinfecte las superficies

Prepare una solución de blanqueador nueva cada día. Manténgala fuera del alcance de los niños. Nunca mezcle la solución de blanqueador con otros limpiadores.

- Prepare y aplique una solución de blanqueador con cloro.



- Ventile las superficies secas que probablemente no tengan contacto con la comida o la boca.

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- Enjuague solo con agua todas las superficies destinadas a estar en contacto con la comida y la boca antes del uso.

3 Lávese minuciosamente las manos con agua y jabón

Es posible que los desinfectantes para las manos no sean eficaces para combatir los norovirus.



Datos sobre los norovirus

Los norovirus constituyen la causa principal de los brotes de diarrea y vómitos en Estados Unidos y se propagan con rapidez.

Los norovirus se contagian al estar en contacto con una persona infectada, al tocar una superficie contaminada, al consumir alimentos contaminados o al beber agua contaminada. Las partículas de los norovirus incluso pueden encontrarse suspendidas en el aire y luego establecerse en las superficies, expandiendo la contaminación.

Las partículas de los norovirus son extremadamente pequeñas y miles de millones de ellas se encuentran en las heces o en el vómito de las personas infectadas.

Cualquier vómito o diarrea puede contener norovirus y debe tratarse como si así fuera.

Las personas pueden contagiar los norovirus a otras durante al menos tres días después de haber estado enfermas.

Expertos científicos de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) de Estados Unidos ayudaron a crear este póster. Para obtener más información sobre la prevención de los norovirus, consulte <http://www.cdc.gov/norovirus/preventing-infection.html>.



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Norovirus Illness: Key Facts

Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.

Norovirus can spread in many ways

Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
- touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.



What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
 2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
 3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
 4. Rinse your hands well under running water.
 5. Dry your hands using a clean towel or air dry them.
- See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)

5 Tips to Prevent Norovirus From Spreading

1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- after using the toilet and changing diapers, and
- before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them.

Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.

3. When you are sick, do not prepare food or care for others

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in schools, daycares, and other places where they may expose people to norovirus.

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should—

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and wash the items with detergent at the maximum available cycle length then machine dry them.



Visit CDC's Norovirus Web site at www.cdc.gov/norovirus for more information.

Enfermedad por norovirus: Datos importantes

Norovirus: el virus estomacal

Los norovirus son virus muy contagiosos. La infección por norovirus causa gastroenteritis (inflamación estomacal e intestinal). Esto provoca diarrea, vómitos y dolores estomacales.

La enfermedad por norovirus frecuentemente lleva otros nombres, como intoxicación alimentaria y gripe estomacal. Los norovirus, al igual que otros microbios y sustancias químicas, pueden causar intoxicación alimentaria. La enfermedad por norovirus no está relacionada con la influenza (gripe). Aunque puede compartir algunos de los mismos síntomas, la influenza es una enfermedad respiratoria causada por el virus de la influenza.



Cualquier persona puede enfermarse con los norovirus

- En los Estados Unidos, los norovirus son la causa más frecuente de gastroenteritis aguda.
- En los Estados Unidos, cada año los norovirus causan de 19 a 21 millones de casos de gastroenteritis aguda.
- Hay muchos tipos de norovirus y una persona los puede contraer más de una vez.

La enfermedad por norovirus puede ser grave

- La enfermedad por norovirus puede hacer que una persona se sienta muy enferma, con diarrea y vómitos varias veces por día.
- Algunas personas pueden deshidratarse mucho, especialmente los niños pequeños, las personas de edad avanzada y las personas con otras enfermedades.
- Cada año los norovirus causan de 56 000 a 71 000 hospitalizaciones y 570 a 800 muertes, en su mayoría niños pequeños y personas de edad avanzada.

Los norovirus se propagan fácil y rápidamente

- Una cantidad muy pequeña de partículas de norovirus (menos de 100) es suficiente para enfermar a una persona.
- Las personas con enfermedad por norovirus liberan miles de millones de partículas de virus en las heces y el vómito, y pueden infectar fácilmente a otros.
- Las personas son contagiosas desde el momento en que comienzan a sentirse mal y durante los primeros días después de recuperarse.
- Los norovirus pueden propagarse rápidamente en lugares cerrados como las guarderías infantiles, los hogares de ancianos, las escuelas y los cruceros.
- Los norovirus pueden permanecer en objetos y superficies e infectar a las personas durante días o semanas.
- Los norovirus pueden sobrevivir a algunos desinfectantes, por lo que es difícil eliminarlos.

Los norovirus se propagan de muchas maneras

Los norovirus se propagan a otras personas de las siguientes maneras:

- al tener contacto directo con una persona infectada; por ejemplo, tocar a una persona infectada cuando se la está cuidando,
- al consumir alimentos o bebidas contaminadas por norovirus,
- al tocar objetos que tienen norovirus en su superficie y luego llevarse los dedos a la boca; por ejemplo, tocar un mesón que tiene gotas de vómito y luego llevarse los dedos a la boca, y
- al compartir utensilios o vasos con personas infectadas por norovirus.

No existe una vacuna para prevenir la infección por norovirus, ni un medicamento para tratarla

- Los antibióticos no ayudan con una enfermedad por norovirus porque los antibióticos no tienen efecto contra los virus.
- Cuando tenga una enfermedad por norovirus, beba muchos líquidos para compensar la pérdida de fluidos y evitar la deshidratación.
- Si cree que usted o una persona que cuida está gravemente deshidratada, llame al médico.



¿Cuál es la forma correcta de lavarse las manos?

1. Mójese las manos con agua corriente (tibia o fría) y enjabónelas.
 2. Frótese las manos hasta formar espuma y restriéguelas bien; asegúrese también de restregar el dorso de las manos, entre los dedos y debajo de las uñas.
 3. Siga frotándose las manos por lo menos 20 segundos. ¿Necesita un reloj? Tararee dos veces la canción de "Feliz cumpleaños" de principio a fin.
 4. Enjuáguese bien las manos con agua corriente.
 5. Séquese las manos con una toalla limpia o al aire
- Consulte El Lavado de las manos: Las manos limpias salvan vidas (www.cdc.gov/handwashing/)

5 Sugerencias para evitar la propagación de norovirus

1. Practique buena higiene de manos

Lávese siempre las manos cuidadosamente con agua y jabón—

- después de ir al baño o cambiar pañales, y
- antes de comer, preparar o manipular alimentos.

Los desinfectantes de manos a base de alcohol pueden usarse adicionalmente al lavado de manos. Pero no deben sustituir el lavado con agua y jabón.

2. Lave las frutas y las verduras, y cocine bien los pescados y mariscosy

Lave las frutas y las verduras cuidadosamente antes de prepararlas y comerlas. Cueza las ostras y los demás mariscos completamente antes de comerlos.

Tenga presente que los norovirus son relativamente resistentes. Pueden sobrevivir a temperaturas de hasta 140°F (60°C) y a la cocción al vapor rápida que frecuentemente se usa para los mariscos.

Los alimentos que podrían estar contaminados con norovirus deben ser desechados.

Los bebés y niños enfermos deben mantenerse alejados de las áreas en donde se manipulan y preparan alimentos.

3. Cuando esté enfermo, no prepare alimentos ni cuide a otras personas

No prepare alimentos para otras personas ni preste cuidados de salud cuando esté enfermo y hasta por lo menos 2 o 3 días después de que se recupere. Esto también se aplica a las personas enfermas que trabajen en escuelas, guarderías infantiles y otros lugares donde puedan exponer a otros al norovirus.

4. Limpie y desinfecte las superficies contaminadas

Después de vomitar o tener diarrea, limpie y desinfecte inmediatamente todas las superficies contaminadas. Use una solución hecha con cloro con una concentración de 1000 a 5000 partes por millón (mezcle de 5 a 25 cucharadas de cloro de uso doméstico en un galón de agua, es decir 5.25 % de cloro). También puede usar otros desinfectantes que están registrados por la Agencia de Protección Ambiental (EPA) como eficaces contra los norovirus.

5. Lave bien la ropa

Quítese la ropa o retire la ropa de cama que se pueda haber contaminado con vómito o heces y lávelas inmediatamente.

Haga lo siguiente:

- manipule los artículos sucios con cuidado sin agitarlos,
- use guantes de caucho o desechables cuando toque artículos sucios y después lávese las manos, y lave la ropa con detergente en el ciclo más largo; séquela luego a máquina.

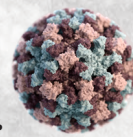


Consulte el sitio web de los CDC para mayor información en www.cdc.gov/norovirus

Enero de 2017

Norovirus: Facts for Food Workers

Norovirus spreads easily and can make you very sick with diarrhea, vomiting, and stomach pain. All food workers should know how to prevent the spread of norovirus.



Foods contaminated with norovirus can make people sick.

Norovirus is the leading cause of foodborne illness outbreaks in the United States. Norovirus causes about half of all outbreaks of food-related illness. Most reported norovirus outbreaks are caused by people who touch or prepare food when they are sick, or sometimes by food that comes from contaminated water. Because the virus is very tiny and spreads easily, it only takes a very small amount of virus to contaminate food and make someone sick.

Food can get contaminated with norovirus when—

- infected people who have feces (poop) or vomit on their hands touch the food,
- food is placed on counters or surfaces that have tiny drops of feces (poop) or vomit on them,
- tiny drops of vomit from an infected person spray through the air and land on the food or surfaces like countertops, or
- feces (poop) or vomit is in areas where food is grown or harvested.

Food workers with norovirus illness can spread the virus to others.

People who are infected with norovirus can shed billions of norovirus particles in their feces (poop) or vomit. You are most contagious—

- when you feel sick with norovirus, and
- during the first few days after you feel better.

If you work with food when you have norovirus, you can easily contaminate the food and drinks you touch. People who have the contaminated food or drinks you touched can also get norovirus and become sick.

Norovirus causes about half of all outbreaks of food-related illness.

Any food served raw or handled after being cooked can get contaminated with norovirus.



4 Tips to Prevent Norovirus from Spreading

1. When you are sick, do not prepare, serve, or touch food for others

Food workers should stay home when sick and for at least 48 hours after symptoms stop. This also applies to sick workers in schools, daycares, healthcare facilities, and other places where they may expose people to norovirus.

Food workers should inform managers if they have any symptoms of norovirus illness or were recently sick. Even when returning to work, it is especially important that food workers continue to take precautions like frequent handwashing.

For more information see the FDA Food Code (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>)

2. Practice proper hand hygiene

Always wash hands carefully with soap and water—

- Especially after using the toilet and
- Before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. However, they should not be used as a substitute for washing with soap and water. In addition, food workers should avoid touching food, especially ready-to-eat food, with bare hands, and use gloves or tongs instead. Hands should still be washed before and after use of gloves in order to prevent cross-contamination.

3. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating.

Thorough cooking is important because noroviruses can survive temperatures as high as 140°F, and quick steaming processes that are often used for cooking shellfish won't kill the virus.

Food that might be contaminated with norovirus should be thrown out.

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces like countertops. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

See EPA's Registered Hospital Disinfectants Effective Against Norovirus (Norwalk-like virus) (<https://www.epa.gov/pesticide-registration/list-g-antimicrobial-products-registered-epa-claims-against-norovirus-feline>)

What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "ABC" song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.
6. Use a paper towel or your elbow to open the bathroom door.

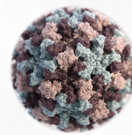
See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)



Visit CDC's Norovirus Web site at
www.cdc.gov/norovirus for more information.

Norovirus: información para los trabajadores del sector alimentario

Los norovirus se propagan fácilmente y pueden hacer enfermar gravemente a las personas con diarrea, vómitos y dolor de estómago. Todos los trabajadores del sector alimentario deben saber cómo prevenir la propagación de los norovirus.



Los alimentos contaminados con norovirus pueden hacer enfermar a las personas

En los Estados Unidos, los norovirus son una de las principales causas de enfermedad por alimentos contaminados. Los norovirus causan alrededor del 50 % de todos los brotes de enfermedades transmitidas por alimentos. La mayoría de los brotes de norovirus notificados son causados por personas que tocan o preparan alimentos cuando están enfermas, o a veces por alimentos que provienen de agua contaminada. Debido a que este virus es muy pequeño y se propaga fácilmente, solo hace falta una muy pequeña cantidad para contaminar los alimentos y enfermar a alguien.

Los alimentos pueden contaminarse con norovirus cuando:

- Las personas infectadas tienen heces o vómito en las manos y tocan los alimentos.
- Se ponen alimentos sobre mesones o superficies que tienen heces o vómito infecciosos.
- Gotas diminutas de vómito de una persona infectada se esparcen por el aire y caen en los alimentos o superficies, como sobre los mesones.
- Hay heces (caca) o vómito en áreas donde se cultivan o cosechan alimentos.

Las personas que manipulan alimentos que estén enfermas por norovirus pueden propagar los virus a otras personas

Las personas enfermas por norovirus pueden liberar miles de millones de partículas de estos virus en sus heces (caca) o vómito. El momento en que una persona es más contagiosa:

- cuando está enferma por norovirus y
- durante los primeros días después de recuperarse de la enfermedad.

Si una persona trabaja con alimentos cuando está enferma por norovirus, puede contaminar fácilmente los alimentos y las bebidas que toque. Las personas que los consuman pueden contraer norovirus y enfermarse.

Los norovirus causan alrededor del 50 % de todos los brotes de enfermedades transmitidas por los alimentos

Cualquier alimento servido crudo o manipulado después de haberlo cocinado puede contaminarse con norovirus.



5 Consejos para evitar la propagación de norovirus

1. Cuando esté enfermo, no prepare, sirva, o toque los alimentos de otras personas

Los trabajadores del sector alimentario deben quedarse en casa cuando estén enfermos y por lo menos durante 48 horas después de que desaparezcan los síntomas.

Esto también se aplica a las personas enfermas que trabajen en escuelas, guarderías infantiles, establecimientos de atención médica y otros lugares donde puedan exponer a otros a los norovirus.

Infórmele a su jefe si tiene síntomas de enfermedad por norovirus o si ha estado enfermo recientemente.

Para mayor información vea el Código de Alimentos de la Administración de Alimentos y Medicamentos (FDA) (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>).

2. Practique buena higiene de las manos

Siempre lávese las manos cuidadosamente con agua y jabón, especialmente:

- después de ir al baño o cambiar pañales, y
- antes de comer y preparar o manipular alimentos.

Los limpiadores de manos a base de alcohol pueden usarse adicionalmente al lavado de manos. Sin embargo, no deben sustituir el lavado con agua y jabón.

Además, los trabajadores del sector alimentario deberían evitar tocar alimentos, especialmente los alimentos listos para comer, con las manos descubiertas, y en su lugar usar guantes o pinzas. Aun así debe lavarse las manos antes y después de usar guantes para prevenir la contaminación cruzada.

3. Lave las frutas y las verduras, y cocine bien los pescados y mariscos

Lave las frutas y las verduras cuidadosamente antes de prepararlas y comerlas. Cocine bien las ostras y los demás mariscos antes de comerlos.

Cocinarlos bien es importante porque los norovirus pueden sobrevivir a temperaturas de hasta 145 °F (62 °C) y a la rápida cocción al vapor que frecuentemente se usa para los mariscos.

Los alimentos que podrían estar contaminados con norovirus deben ser desechados.

4. Limpie y desinfecte las superficies contaminadas

Después de vomitar o tener diarrea, limpie y desinfecte inmediatamente todas las superficies contaminadas. Use una solución de blanqueador con cloro (bleach) con una concentración de 1000 a 5000 partes por millón (mezcle de 5 a 25 cucharadas de cloro de uso doméstico en un galón de agua; esto es aproximadamente 5.25 % de cloro), o también puede usar otros desinfectantes que estén registrados en la Agencia de Protección Ambiental (EPA) como eficaces contra los norovirus.

Consulte la lista de desinfectantes de la EPA registrados como eficaces contra los norovirus: (https://www.epa.gov/sites/production/files/2016-06/documents/list_g_norovirus.pdf).

¿Cuál es la forma correcta de lavarse las manos?

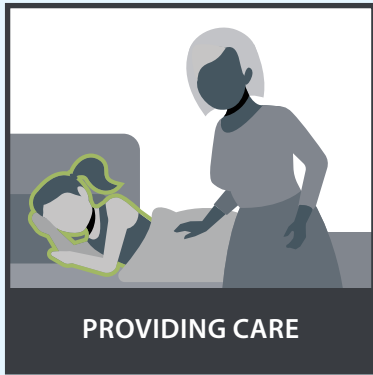
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3. Siga frotándose las manos por lo menos 20 segundos. ¿Necesita un reloj? Tararee la canción "Cumpleaños feliz" dos veces de principio a fin.
4. Enjuáguese bien las manos con agua corriente.
5. Séquese las manos con una toalla limpia o al aire.

Consulte la página del lavado de las manos de los CDC: (<https://www.cdc.gov/handwashing/esp/index.html>)



Consulte el sitio web de los norovirus de los CDC para mayor información en <https://www.cdc.gov/norovirus/index-sp.html>

How You Get Norovirus From People or Surfaces



Norovirus spreads when a person gets poop or vomit from an infected person in their mouth.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit www.cdc.gov/norovirus



VGI Line List for Schools

Name of School: _____

Today's Date: _____

No New Illnesses Today

[illegible]