



Do You Know The Norovirus?

●Norovirus

- The norovirus is a virus that causes gastroenteritis (inflammation of the stomach & intestine), especially things like nausea (vomiting) and diarrhea. It is a very small virus.
- The norovirus is the cause of most gastroenteritis in the winter.
- The norovirus is highly infectious. It multiplies inside a person's intestines.

●How Can You Become Infected?

- From food prepared by infected people without properly washed hands.
- By coming into contact with infected towels or doors.
- By coming into contact with a diaper or clothing covered in infected vomit or fecal matter.
- Insufficiently cooked bivalve shellfish, such as oysters.

●Symptoms



- Symptoms usually disappear after one to three days. The virus can still appear in your stool two to three weeks after symptoms have ceased.
- Symptoms may affect small children or the elderly more severely.
- Infected people may show no signs or symptoms.

●How Can I Prevent Infection ?

- Wash hands well and often with water and soap.
- Cook food with sufficient heat. (The norovirus dies after 1 minute at 85°C.)
- Wash cutting boards and kitchen knives well and often.
- Please avoid touching any vomit or fecal matter. When you need to touch it, please put on vinyl gloves and use paper towel.
- Use a chlorine bleaching agent to remove vomit or other matter from toilets and floors.
(The norovirus is not harmed by rubbing alcohols.)

Washing Your Hands

- ① Place soap on hands
- ② Rub hands together back and front
- ③ Clean between fingers
- ④ Clean thumb too.
- ⑤ Wash finger tips and nails
- ⑥ Wash wrist
- ⑦ Place hands under water, wash soap

Don't forget to clean here too!