

# NOROVIRUS

## WHAT IS IT?

- Norovirus is a viral infection. It is the most common infectious cause of diarrhea and vomiting.
- Norovirus is highly contagious – as few as 10 virus particles can make you sick.
- Norovirus can live on surfaces from 10 days to more than a month.
- Anyone can get norovirus.

## HOW IS NOROVIRUS SPREAD?

- Touching surfaces that have the virus on them
- Direct contact with an infected person
- Eating food handled by an infected person

## WHAT ARE THE SYMPTOMS?

- Vomiting
- Nausea
- Diarrhea
- Abdominal cramping

# NORO-Clean!

## How to Clean your House When the People who Live in it Have Norovirus



**NOROVIRUS CAN BE FOUND ANYWHERE PEOPLE GATHER AND LIVE THEIR EVERYDAY LIVES.**

Because norovirus is so contagious, it is very easy to spread the virus at work, in public places, at school, and at home. It is more easily transmitted in situations where people live closely with each other, such as nursing homes or hotels. Norovirus has also been called “the cruise ship virus.”

### HANDWASHING IS THE #1 WAY TO PREVENT THE SPREAD OF NOROVIRUS

- Wash your hands before and after preparing, serving or eating food; providing personal care for others; and personal grooming
- Wash your hands after using the bathroom, changing diapers, cleaning and laundry tasks, handling trash, handling pets or pet waste, recreation and sports, visiting public places, and close personal contact



### CLEANING SUPPLIES YOU WILL NEED

- Cleaning products effective against norovirus; household bleach is preferred
  - Make a disinfectant using 1/3 cup household bleach to 1 gallon of water – mix fresh daily
  - Other EPA-approved products for norovirus: <http://www.epa.gov/oppad001/chemregindex.htm>
- Spray bottles and buckets – you can buy or mix the right disinfectant to use in these containers
- Cleaning cloths and mops – disposable ones are best
- Mop bucket (always disinfect after use and before storing)
- Disposable gloves and clothing protection (also use a mask to clean vomit or fecal accidents)
- Plastic trash bags that can be sealed

### CLEANING UP ACCIDENTS: SAFE CLEANING – THE RIGHT WAY

1. Clean up vomit or fecal accidents immediately!
2. Wear gloves, protect your clothing, and use the mask – the virus particles can be airborne
3. Open the sealable plastic bag and have it ready for use
4. CAREFULLY remove fecal matter or vomitus with absorbent disposable towels – place in plastic bag
5. Use bleach safely – ventilate, don't mix chemicals, and rinse after 20 minutes in food prep areas
6. Clean (scrub with friction) and disinfect spill areas and surrounding objects and spaces at least once
7. Dispose of cleaning cloths or paper towels used for cleaning in plastic bag
8. When the task is done, remove gloves and discard in plastic bag
9. Remove clothing protection carefully and discard, or wash if not disposable. Wash your hands!
10. Steam-clean soiled carpets and upholstery – use caution with steam

### EVERYDAY CLEANING PRIORITY: SURFACES OFTEN TOUCHED BY HANDS

- Clean and disinfect the items below often, especially when household members are ill. Use gloves. Bathroom and kitchen surfaces, handles, doorknobs, light switches, remote controls, phones, toys (rinse after), computer mouse and keyboards, handrails, car interiors, tables and chairs, grooming items, sports equipment, strollers, etc.

### LAUNDRY

- While household members are ill, do laundry often
- Store all laundry in closed containers; store and wash contaminated laundry separately
- Hold dirty laundry away from your body when carrying it
- Pre-wash first, then re-wash using a regular cycle
- Use HOT water. Use either oxygenated detergent or regular detergent and bleach
- Dry laundry in a hot dryer until completely dry
- Clean and disinfect the surfaces of laundry appliances after washing contaminated items