

# Norovirus Outbreak Response Guide

Norovirus is highly contagious because you can get sick from ingesting only a few tiny viral particles. *Norovirus* is found in stool and vomit of sick people & on the surfaces & food they touch. Sick people can spread the virus for over 2 weeks after symptoms end. *Norovirus* can also be found on shellfish & produce grown with contaminated water.



## What are common signs and symptoms?

Signs and symptoms usually start 24 to 48 hours after exposure to the bacteria and can last up to a week.  
Do not return to work until you are symptom-free for 24-72 hours without use of medications.



Diarrhea



Nausea & vomiting



Stomach pain



Fever

## How can *Norovirus* spread in the kitchen?



Bare hand contact with ready-to-eat foods



Not washing hands with soap & hot water for 10-20 seconds



Inadequate disinfection after a diarrheal or vomiting event



Working while ill



Foods from unapproved sources

## What foods are commonly associated with *Norovirus*?



Ready-to-eat foods an infected food handler touched



Shellfish from sewage polluted waters



Unwashed fruits & vegetables

## What to do if you think your restaurant has an outbreak?



Notify SNHD at [outbreakresponse@snhd.org](mailto:outbreakresponse@snhd.org)



Do not work while sick. Screen workers for illness before they clock in & send sick employees home immediately.



Track & log employee illness, including vomiting & diarrheal incidents.



Deep clean & disinfect the kitchen & high-touch surfaces including door handles & restrooms. Ensure chemicals are effective against *norovirus*.



Consider reducing menu or temporarily closing until the source of the illnesses is eliminated.