

# Stop Norovirus!

Norovirus causes diarrhea and vomiting. It spreads easily from an infected person to others, especially in long-term care facilities. Elderly residents are more likely to become very sick or die from norovirus.

**Protect yourself and elderly residents from norovirus.**

## WASH YOUR HANDS



Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth.

## CLEAN SURFACES



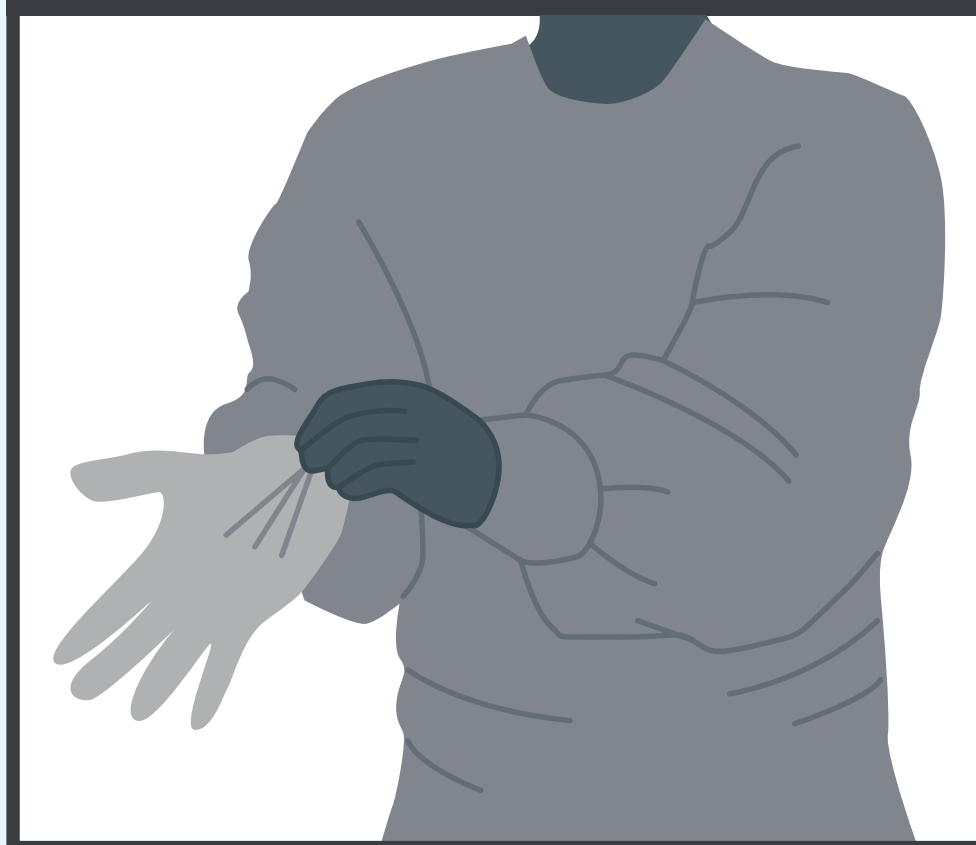
Use a bleach-based cleaner or other approved product\* to disinfect surfaces and objects that are frequently touched.

## WASH LAUNDRY



Remove and wash soiled clothes and linens immediately, then tumble dry.

## USE GOWN AND GLOVES



Use gown and gloves when touching or caring for patients to reduce exposure to vomit or fecal matter.

## STAY HOME WHEN SICK



If you're sick, stay home and don't take care of or visit people in long-term care facilities for at least 2 days after your symptoms stop.

For more information, visit [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus)



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

\*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) at [http://www.epa.gov/oppad001/list\\_g\\_norovirus.pdf](http://www.epa.gov/oppad001/list_g_norovirus.pdf)