

# Mid-Michigan District Health Department BOARD OF HEALTH

## Healthy Living Recommendation

February

**NOROVIRUS** causes vomiting and diarrhea. Symptoms, which last 24 to 72 hours, range from mild abdominal achiness to vomiting and diarrhea. There is no vaccine against Norovirus and no antibiotic or antiviral medications to treat it.

Prevention methods include:

- **Wash hands thoroughly**, especially after using the bathroom or changing a diaper.
- **Avoid contaminated food and water!** Don't eat shellfish that may have come from contaminated waters. Throw out any food that may have been prepared by someone who was sick.
- **Disinfect virus-contaminated areas** using a chlorine bleach solution. Where possible, allow bleach to stay on surfaces longer than ten minutes.
- **Stay home from work if sick**, especially if you work with food. You may be contagious as long as three days after symptoms end.

*Your public health team, connecting with our communities to achieve healthier outcomes*

