



LEWIS & CLARK CITY-COUNTY  
**Health Department**

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## **Norovirus Protection Tips**

### ***If you are sick or have been sick:***

#### **To protect friends, relatives, coworkers & people in the community:**

**STAY HOME** while you are experiencing symptoms (nausea, vomiting, diarrhea). Note: People still may shed this virus for several days after symptoms are gone, so stay home as long as you can. Once you are up and about, the health department suggests the following steps to help protect others:

- Do not prepare food for others for at least three days after you are ill.
- Put on clean clothes and wash hands before you leave the house.
- Stay away from babies & small children, the elderly and those with compromised immune systems, if possible.
- Close toilet lid before flushing.
- Always wash your hands after using the restroom.
- Do not have people over to your home. But if you must have people over, use a chlorine bleach solution for all surfaces in your house (especially bathrooms & kitchens). Rinse off with clean water.
  - 5 TBS per gallon of water for food/mouth contact items
  - 1/3 cup bleach per gallon of water for non-porous surfaces
  - 1 and 2/3 cup bleach per gallon for porous surfaces (e.g. wooden floors)

#### **To protect household members:**

- If possible, use a different bathroom from uninfected household members.
- Close the toilet lid before flushing.
- Always wash hands after using the bathroom.
- Disinfect your bathroom with chlorine bleach solution. Clean it regularly.
- Do not prepare food for at least three days after your symptoms have disappeared.
- Change and launder clothes often. Immediately launder any soiled clothes or bedding.
- If carpet has been soiled, steam clean.

#### **To protect yourself:**

- Wash your hands after being out in public places.
- Always wash hands after using restroom. Use paper towels to open doors.
- Wash your hands before you eat. Do not touch your mouth unless you have just washed your hands.
- Avoid eating from samples of shared food. Stick to eating food where utensils are used to serve the food or where food is served in individual portions (i.e. Bowls of chips or veggies).
- Do not visit people who have Norovirus or eat food they may have prepared.

**For more information call 447-8361 or visit [www.co.lewis-clark.mt.us/health](http://www.co.lewis-clark.mt.us/health) and click on Communicable Disease Control & Prevention.**

*The Lewis & Clark City-County Health Department's mission is to improve and protect the health of all Lewis & Clark County residents.*