

Norovirus: What can you do to keep our community healthy?

Don't visit healthcare facilities if you are sick.



Why? People in hospitals, nursing homes and assisted living facilities are considered vulnerable populations and might have more difficulty fighting infections.

Don't prepare meals for others while you are sick.



Why? Foodborne illnesses are often caused when someone who is ill prepares meals for others. The organism gets from contaminated hands into food and others ingest it.

Wash your hands before preparing meals, providing patient care and after using the bathroom, changing diapers or caring for ill persons.



Why? Handwashing is the single most important thing we can do to prevent infectious diseases from spreading in the community. Research has shown that good handwashing can reduce diarrheal illnesses significantly. Diseases are often spread from person to person.

**Do your part to prevent illness:
Wash hands, stay home!**