Basics about norovirus

Norovirus is very contagious and causes vomiting and diarrhea. People of all ages can get infected and sick with norovirus. You can get norovirus from:

- Having direct contact with an infected person, such as shaking hands
- Sharing food or eating utensils with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces then putting your unwashed hands in your mouth

Guidance for Preventing Norovirus at Youth Camps

Establish a pre-camp arrival agreement requiring campers to be free of norovirus symptoms upon arrival; let parents know that they may need to pick up ill campers

Instruct campers and staff on how to properly wash their hands; make sure that handwashing facilities have soap, running water, and disposable towels

Practice Food Safety

- Make sure that campers, staff, and food workers are trained in food safety practices, such as using gloves and utensils when handling or preparing ready-to-eat foods, beverages, or ice
- Do not allow ill campers, staff, or food workers in food service areas until at least 48 hours after their symptoms have resolved
- Campers, staff, and food workers should not cook with or consume untreated water

Clean Up Vomit and Diarrhea Immediately

- After someone vomits or has diarrhea, always thoroughly clean then disinfect the entire area immediately
- Put on rubber or disposable gloves, and wipe the entire area with paper towels, soap, and hot water
- Then disinfect the area using a bleach-based household cleaner as directed on the product label
- If no such disinfectant is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water
- Leave the bleach disinfectant on the affected area for at least 5 minutes
- Then clean the entire area again with soap and hot water

Isolate ill campers and staff

- Isolate ill campers and staff from healthy campers and staff
- Provide separate restrooms and eating areas until at least 48 hours after ill campers and staff symptoms have resolved
- Campers and staff who are vomiting or have diarrhea should not swim or participate in recreational water activities until at least 1 week after these symptoms have resolved

What to Tell Staff, Including Food Workers, About Norovirus Prevention

- Practice food safety
- Practice and instruct campers on proper handwashing
- Make sure ill campers and staff are appropriately isolated, and ensure they use separate restrooms and eating areas until 48 hours after their symptoms resolve
- Immediately clean then disinfect the entire area after someone vomits or has diarrhea

What to Tell Parents and Kids About Norovirus Prevention

- Ill campers may need to be picked up
- Do not drop off ill campers or campers who have been ill in the last 48 hours
- Make sure campers
  - wash their hands often with soap and water
  - do not share food and drinks with others
  - practice healthy hygiene
  - report any illness to camp staff

For more information, visit:
www.cdc.gov/norovirus

National Center for Immunization and Respiratory Diseases (NCIRD)