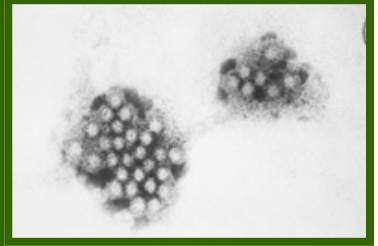


NOROVIRUS: FACTS FOR FIRST RESPONDERS



Stop the spread of norovirus!

- ◆ **USE STANDARD PRECAUTIONS!**
- ◆ **Wear gloves** and be careful what you touch. Dispose of gloves properly.
- ◆ **Find out** from the agency you are responding to if norovirus is the illness in question.
- ◆ **Wear a mask** when transporting a patient who is vomiting.
- ◆ **Disinfect the ambulance*** with a bleach solution after transporting a patient with norovirus.
- ◆ **Wash hands** frequently with soap and water.
- ◆ **Do not use alcohol hand sanitizers** for norovirus – the virus is resistant!

Did you know?

- ◆ Norovirus is resistant to alcohol hand sanitizers: wash hands with soap and water!
- ◆ Incubation period is 12-48 hours; illness lasts 24-60 hours.
- ◆ Norovirus can live on surfaces for 1-2 days.
- ◆ Both stool and vomit are infectious.
- ◆ It takes only 10 viral particles to become infected—this fits on the head of a pin.

*Disinfection guidelines

- ◆ **Apply a chlorine bleach solution** (1 part bleach to 50 parts water) to all hard surfaces.
- ◆ **Use protective gear** (gloves and goggles) when working with bleach.
- ◆ **Use a more concentrated bleach solution** (1 part bleach to 10 parts water) for very dirty or resistant surfaces.

Your CLOTHES can spread norovirus!

Change your uniform right after your shift, or after possible contamination.

For more information
www.sonoma-county.org/norovirus

