

# FACT SHEET

## WHAT IS NOROVIRUS

Norovirus is a highly contagious virus that can cause a person's digestive system to become inflamed. Norovirus is sometimes referred to as "food poisoning" or the "stomach flu." Although it can cause food poisoning, it is not related to the stomach flu.

**#1** Norovirus is the **LEADING CAUSE OF** **FOODBORNE ILLNESS** **OUTBREAKS** IN THE U.S.

Source: <http://www.cdc.gov/foodsafety/pdfs/foodborne-outbreaks-annual-report-2014-508.pdf>

## SYMPTOMS OCCUR WITHIN 24 HOURS

Source: Center for Disease Control

- Severe vomiting & diarrhea
- Nausea
- Low-grade fever & chills
- Headache or muscle aches

The amount of virus particles that **fit on the head of a pin** are enough to infect

**+1,000 PEOPLE**

Source: Journal of Medical Virology, August, 2008

Norovirus can spread **BEFORE** and **AFTER** symptoms are present  
Source: Center for Disease Control

### HARD TO KILL:

- **Survives** on surfaces and utensils for **weeks**
- Can **remain infectious** in food at freezing temperatures and even in some cooked foods
- Can **resist** many common **disinfectants** and **sanitizers**

Source: NACMCF.2016.JFP 79(5):843

## HOW NOROVIRUS ENTERS A RESTAURANT



EMPLOYEES



CUSTOMERS



FOOD CONTAMINATED AT ITS SOURCE

**FOODS TYPICALLY IMPLICATED** INCLUDE SALADS AND SANDWICHES OR OTHER READY-TO-EAT ITEMS, OR RAW OYSTERS HARVESTED FROM SEWAGE-CONTAMINATED GROWING WATERS.

Source: Center for Disease Control



## HOW NOROVIRUS SPREADS

Noroviruses are found in feces or vomit of infected people and can be spread easily.



**CONSUMING**  
CONTAMINATED FOOD OR DRINK



**TOUCHING**  
CONTAMINATED PEOPLE, OBJECTS OR SURFACES



**BREATHING**  
AIRBORNE VIRUS PARTICLES

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