



*March
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*Bite-Sized
Food Safety*

**Food safety resources
for front-line managers
to train food workers**

It's Norovirus Season!

Question: How many people in the U.S. get sick from norovirus annually?

Answer: About 20 million people get norovirus each year.

Question: What are the symptoms of norovirus?

Answer: The most common symptoms are vomiting, diarrhea, and stomach pain.

Question: Are all norovirus cases foodborne in origin?

Answer: No, many cases of norovirus are transmitted by sick people touching surfaces and contaminating them with the virus. Well people then touch these surfaces and pick up the virus when they touch their food or their mouth.

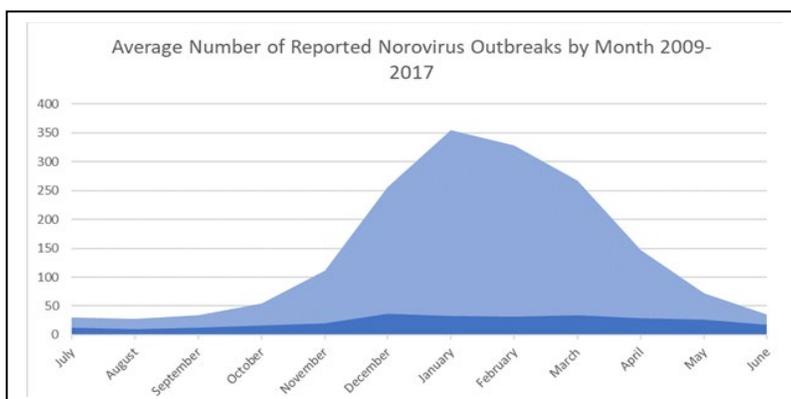
Question: How common is foodborne norovirus?

Answer: Norovirus is the most common foodborne illness in the U.S. It causes more foodborne illness than all other foodborne illnesses combined.

Question: Is norovirus more common at certain times of year?

Answer: Norovirus is most common in December through March.

Question: How can food workers prevent norovirus?



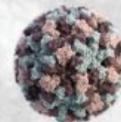
Source: Centers for Disease Prevention & Control (CDC)

Answer:

- ◆ Don't work when you are sick with vomiting or diarrhea and until at least 24 hours after you get well
- ◆ Wash your hands thoroughly and often, especially after using the toilet
- ◆ Clean and sanitize food preparation surfaces regularly

Norovirus: Facts for Food Workers

Norovirus spreads easily and can make you very sick with diarrhea, throwing up, and stomach pain. All food workers should know how to prevent the spread of norovirus.



Foods contaminated with norovirus can make people sick

Norovirus is the leading cause of illness from contaminated food in the United States. The virus can easily contaminate food because it is very tiny and spreads easily. It only takes a very small amount of virus to make someone sick.

Food can get contaminated with norovirus when—

- infected people who have poop or vomit on their hands touch the food,
- food is placed on counters or surfaces that have infectious stool or vomit on them, or
- tiny drops of vomit from an infected person spray through the air and land on the food.

Foods can also be contaminated at their source. For example:

- oysters that are harvested from contaminated water, or
- fruit and vegetables that are contaminated in the field.

Food workers with norovirus illness can spread the virus to others

People ill with norovirus can shed billions of norovirus particles

You are most contagious—

- when you are sick with norovirus illness, and
- during the first few days after you recover.

If you work with food when you have norovirus illness, you can spread the virus to others. You can easily contaminate food and drinks that you touch. People who consume the food or drinks can get norovirus and become sick. This can cause an outbreak.

Outbreaks of norovirus illness occur in nursing homes, hospitals, restaurants, cruise ships, schools, banquet halls, summer camps, and even at family dinners. These are all places where people often eat food handled or prepared by others.

Norovirus causes about half of all outbreaks of food-related illness. Food workers cause most reported norovirus outbreaks from contaminated food.



Norovirus causes about half of all outbreaks of food-related illness.

Foods commonly involved in outbreaks include—

- leafy greens (such as lettuce)
- fresh fruits
- shellfish (such as oysters)

Any food served raw or handled after being cooked can get contaminated

5 Tips to Prevent Norovirus From Spreading

1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- especially, after using the toilet and changing diapers, and
- always before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. However, they should not be used as a substitute for washing with soap and water.

2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating.

Thorough cooking is important because noroviruses can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

3. When you are sick, do not prepare food for others

Food workers should stay home when sick and for at least 48 hours after symptoms stop. This also applies to sick workers in schools, daycares, healthcare facilities, and other places where they may expose people to norovirus.

Tell your manager if you have symptoms of norovirus illness or were recently sick.

For more information see the FDA Food Code (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>)

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

See EPA's Registered Hospital Disinfectants Effective Against Norovirus (Norwalk-like virus) (https://www.epa.gov/sites/production/files/2016-06/documents/list_g_norovirus.pdf)

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (poop).

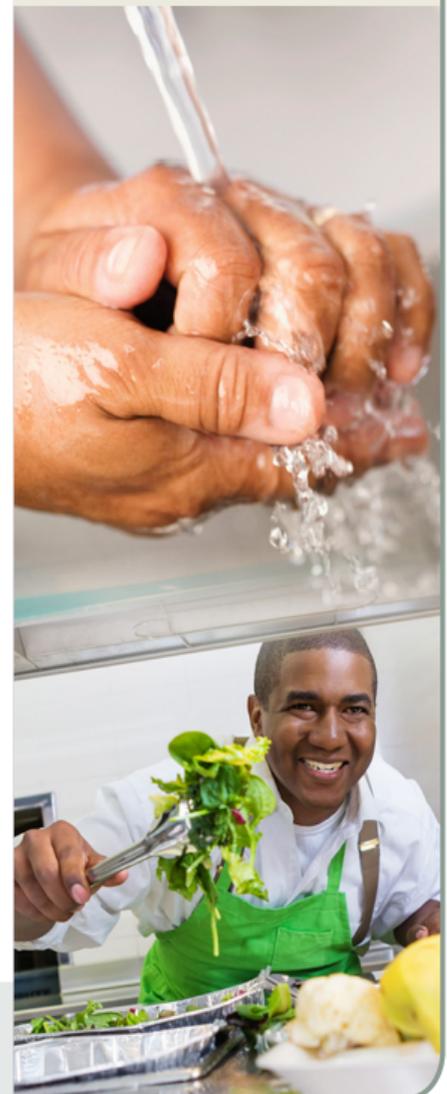
You should—

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and
- wash the items with detergent at the maximum available cycle length then machine dry them.

What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)



Visit CDC's Norovirus Web site at www.cdc.gov/norovirus for more information.