

# Norovirus

(An illness that causes nausea, vomiting and or diarrhea)

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Anyone can get norovirus!

Noroviruses are highly contagious spreading quickly in close quarters such as long term care facilities

## How is it spread?

- By direct contact with an infected person through personal care.
- By eating food handled by an ill person with norovirus.

## Prevent the spread!

- Do not work if you are ill with symptoms of norovirus!
- Wash your hands thoroughly throughout the day.
- Clean contaminated surfaces and linens with a bleach solution.

# “Keep germs out!”

Keep yourself and your residents healthy...

Don't work if you have symptoms of norovirus or influenza (flu)



# Influenza (Flu)

(An illness that causes any of the following: fever, cough, sore throat, fatigue, congestion and or head and body aches)

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Those at greatest risk for complications from flu are people who are age 65 and older, small children, pregnant women and those with chronic medical conditions (such as asthma, diabetes, heart disease, etc)

## How is it spread?

- Through respiratory droplets from coughs and sneezes.

## Prevent the spread!

- Health care workers are encouraged to get their annual flu shot...this protects you, your family and your residents!
- Don't work while ill with the flu
- Wash your hands thoroughly throughout the day.