



# SAFETY TALK

## NOROVIRUS



Norovirus is one of the leading causes of food-borne illness. It is highly contagious and only a tiny amount of contamination is needed to spread the illness to others.

Symptoms: vomiting, diarrhea, dehydration, abdominal pain, fever.

### Protect Yourself and Your Loved Ones

	<p>Hand Hygiene: wash with soap and water. Alcohol-based hand rub is not effective against norovirus.</p> <p>Wear PPE in a care-setting (mask with eye protection, gown, gloves).</p>	
	<p>Wash raw fruits and vegetables.</p> <p>Do not prepare food for others while sick, or until feeling better for 72 hours.</p>	
	<p>Cook shellfish (including clams, oyster, lobster, crab) thoroughly.</p>	
	<p>Wear gloves when cleaning body fluids and contaminated surfaces.</p> <p>Clean contaminated surfaces with bleach or a disinfectant that kills norovirus.</p> <p>If possible, wash laundry on a hot setting with detergent, and a hot dry-cycle.</p>	
	<p><b>Work Restrictions</b></p> <p>If exposed and you have no symptoms, you can work but ensure you wash your hands frequently.</p> <p>If symptomatic, staff remain off work until at least 48 hours after symptoms resolve, even if feeling better.</p>	

#### Quick Facts about Norovirus

Spread by	Incubation Period	Contagious Period	Where to find more information?
Contaminated food, Large droplets to mucous membranes, Direct & Indirect contact, Fecal-oral route.	12—48 hours.	From the start of symptoms until 48 hours after resolution of symptoms.	Health PEI Staff Resource Centre: under OHS&W, Employee Health Nursing. <a href="https://src.healthpei.ca/sites/src.healthpei.ca/files/OCHSW/NorovirusHCWFactSheet2023.pdf">https://src.healthpei.ca/sites/src.healthpei.ca/files/OCHSW/NorovirusHCWFactSheet2023.pdf</a>

Sources: [Canada.ca/norovirus](https://Canada.ca/norovirus), and Canadian Centre for Occupational Health & Safety.

*Safety is everyone's responsibility!*

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

1. HOW SHOULD I CLEAN MY HANDS WHEN CARING FOR A PERSON WITH NOROVIRUS?
2. HOW SHOULD I CLEAN MY HOME AFTER NOROVIRUS?
3. I'M FEELING BETTER. HOW LONG BEFORE I CAN RETURN TO WORK?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>