



SAFETY TALK

NOROVIRUS

Norovirus is a highly contagious virus that usually causes vomiting and diarrhea but can be prevented by practicing good hygiene & food safety.

How is it Spread:

From person to person through contact with infected feces (stool) and/or vomit. Or contaminated surfaces or food.

Contagious:

From the moment one is feeling ill with symptoms of diarrhea & vomiting, until the first few days after symptoms have stopped. One usually becomes sick within 12 to 48 hours after coming in contact with norovirus.

Treatment:

No specific treatment for norovirus. Most people recover without complications after a few hours to few days. Ensure to drink fluids to stay hydrated from extra fluid lost in diarrhea and vomit.

Protect Yourself:

Wash hands well with soap and water; hand sanitizer does not work well against norovirus. Do not prepare, handle food, or care for others when sick. If sick with diarrhea and vomiting, stay home for 48 hours after last symptoms of norovirus.



Resources: [NorovirusHCWFactSheet2023.pdf](#) and [PEI GI Outbreak LTC and CCF Guideline.](#)

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

HOW IS NOROVIRUS SPREAD?

HOW CAN I PROTECT MYSELF, AND OTHERS, FROM NOROVIRUS?

WHERE CAN I FIND RESOURCES RELATED TO NOROVIRUS?

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.

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