



Talking Tazewell

Sanitation Sense

Information on norovirus

What is norovirus?

Norovirus is a highly contagious virus that causes vomiting and/or diarrhea. The following are symptoms you may experience if you have norovirus:

1. Diarrhea
2. Vomiting
3. Nausea
4. Stomach pain

Tips on how to prevent norovirus:

1. Practice proper hand hygiene.
2. Do not come to work when you are experiencing vomiting and diarrhea symptoms. You must wait at least 48 hours to return to work if diagnosed with norovirus.
3. Properly sanitize food contact surfaces at a minimum every four hours.
4. Cook shellfish thoroughly.
5. Ensure that your facility has a norovirus clean-up policy, clean-up kit, and employee illness policy.
6. Rinse fruits and vegetables.

Proper handwashing steps

1. Turn water on as hot as you can stand.
2. Wet hands and arms.
3. Apply enough soap to work up a good lather.
4. Scrub hands and arms for at least 20 seconds. Be sure to get under fingernails.
5. Rinse hands and arms under warm running water.
6. Dry hands and arms using a single-use towel or hand-drying device.
7. Turn off faucet using a paper towel, do not use your bare hands.

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BACKYARD POULTRY & EGG SAFETY

Chickens, ducks, geese, guinea fowl, and turkeys are often raised to have fresh eggs. Owners should be aware that poultry can sometimes carry harmful germs that may make people sick.

Some examples are:

- Avian Influenza
- Campylobacter
- E. coli
- Histoplasmosis
- Salmonella



How to stay safe

Always wash your hands with soap and running water after touching backyard poultry or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.



ALWAYS WASH YOUR HANDS
AFTER HANDLING BACKYARD POULTRY



Handle eggs safely

- Always wash your hands with soap and water right after handling eggs, chicken, or anything in their environment.
- Keep a clean coop.
- Collect eggs often.
- Throw away cracked eggs. Bacteria on the shell can more easily enter the egg through a cracked shell.
- Don't wash warm, fresh eggs. Cold water can pull bacteria into the egg.
- Refrigerate eggs after collection to maintain freshness and slow bacteria growth.
- Cook eggs until both yolk and white are firm. Egg dishes should reach an internal temperature of 160 degrees F or hotter.

For more information on backyard poultry, visit
<https://www.cdc.gov/healthypets/pets/farm-animals/backyard-poultry.html>

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