



London Breed
Mayor

San Francisco Department of Public Health
Grant Colfax, MD
Director of Health
Susan Philip, MD, MPH
Health Officer

Communicable Disease Control & Prevention

sfdph.org/cdcp

Tel (415) 554-2830 Fax (415) 554-2848

Keep Your Family Safe From Norovirus (Stomach “flu”)

Norovirus is

sometimes called viral gastroenteritis or stomach “flu,” but it is not related to the flu.

- It causes diarrhea, vomiting, nausea, and stomach cramping.
- It transmits through food, surfaces, and direct contact.
- It is found in vomit and poop of ill persons from the first day they feel sick.
- It can live on surface areas for weeks.

These important steps will help stop the spread of Norovirus in your home:

1. Clean vomit and poop accidents right away

Step 1. Pick up vomit or poop.

- Pick up the chunks with paper towels or other disposable materials.
- Soak up liquids with absorbent materials. Use cat litter or dry oatmeal for carpeted floors.
- Double bag and throw away.
- Do not use a vacuum cleaner.

Step 2. Clean.

- Clean hard surfaces using 1 2/3 cups of household bleach per gallon of water. Give 1 minute before touching.
- Clean all handles and knobs in your house with bleach solution.
- Wash all linens (including clothing, towels, napkins) separately in hot water and dry on high heat.
- Steam clean carpets using the highest setting for heat.
- Stop the transfer of harmful bacteria from one substance to another (use different sanitation cloths for bathroom and other surface)
- Clean and sanitize all containers used (e.g., buckets).

2. Wash laundry very well:

- Avoid touching laundry that may have been touched by vomit and poop.
- Wear gloves while touching laundry.
- Wash clothes and sheets in hot water and dry them on the hottest setting.
- Wash your hands well after touching laundry.

3. Handwashing

- Wash your hands regularly with soap and warm water for at least 20 seconds. Especially after restroom use, cleaning, and before eating.