



Suggestions for Preventing the Spread of Norovirus And Other Infectious Diseases

June 3, 2004

Step 1: Clean your hands frequently

- Lather your hands all over with soap and running water after
 - Using the bathroom
 - Eating food
 - Drinking
 - Preparing food
 - Inserting or removing contact lenses
- Use a waterless alcohol hand cleaning gel *ONLY* if soap and water aren't available.

Step 2: Have disposable tissues available for everyone to use

- Use a tissue to cover your mouth and nose when coughing and sneezing

Step 3: Have waste cans easily accessible

- Use a liner in waste cans for easy removal of waste.
- Wash hands well after emptying waste cans.

Step 4: Sanitize surface areas that are frequently touched. (Examples are counters, railings, door handles, telephones and public bathroom facilities.)

- Use a household germicide that is approved by the Environmental Protection Agency (EPA) and follow the manufacturer's instructions.
- Wipe surface areas with the germicide.
- After applying the germicide, let the surface area air-dry.