

STOP Norovirus

STAY Healthy

Norovirus, a deadly virus that can be avoided.

How many PEOPLE get it?

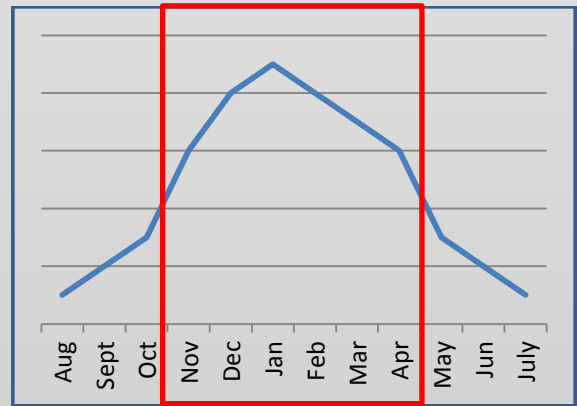
19-21 million cases per year

570-800 deaths per year



21+ outbreaks per year in Montana

Over **80% of outbreaks** occur from **November – April**



What is NOROVIRUS?



Contagious virus



Dangerous for older adults



Dangerous for babies

What are the SYMPTOMS?



Diarrhea



Fever



Throwing up



Headache



Stomach pain



Body aches



Nausea

Just how CONTAGIOUS is it?

As few as **18 viral particles** can make you sick.

The amount of viral particles that **fit on the head of a pin** can be enough to make **more than 1,000 people sick**.



How do I PREVENT it?



Wash your hands



Wash fruits and veggies and cook seafood



Don't cook or make food when you're sick