



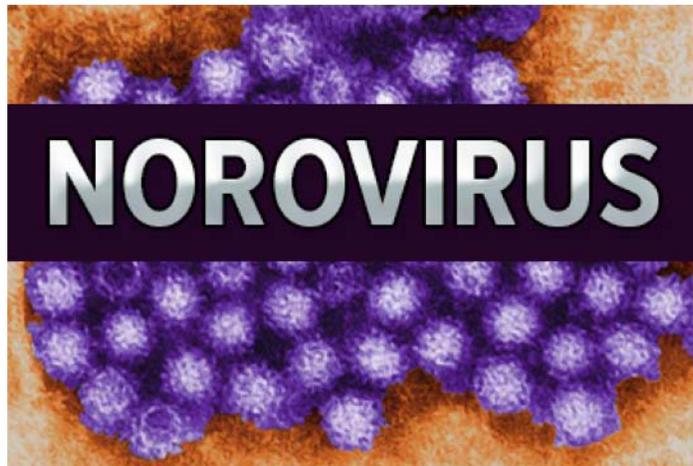
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Norovirus- Stay Healthy

Norovirus is the number one cause of diarrhea or vomiting outbreaks. Norovirus is very contagious and can be spread by direct contact (like shaking hands) with an infected person or touching a contaminated surface and then touching your mouth. Norovirus can also spread by consuming contaminated food or water. You may hear Norovirus being called "food poisoning" or "stomach flu." Although it is true that noroviruses can cause food poisoning, other germs and chemicals also cause food poisoning.

The following are tips to prevent Norovirus from spreading:

1. **Practice proper hand hygiene.** Remember to always wash your hands with soap and water, especially after using the toilet and changing diapers, and before eating, prepping, or handling food.
2. **Wash fruits and vegetables and cook seafood thoroughly.** Wash your fruits and vegetables, particularly leafy green such as lettuce and spinach, before eating them. Cook oysters and shellfish thoroughly before consuming them, as they are commonly involved in outbreaks related to norovirus.
3. **When you are sick, do not prepare foods for others.** Prevent spreading norovirus by not preparing food for others while you are sick, and for at least 2 to 3 days after you recover and do not show symptoms.
4. **Clean and disinfect contaminated surfaces.** After throwing up or having diarrhea, disinfect the contaminated surfaces.
5. **Wash laundry thoroughly.** Immediately wash any linens or clothing that may be contaminated with vomit or stool. Wash these items separately; do not mix them with other dirty linens or clothing. When handling these items, remember to wear rubber gloves and wash your hands after.

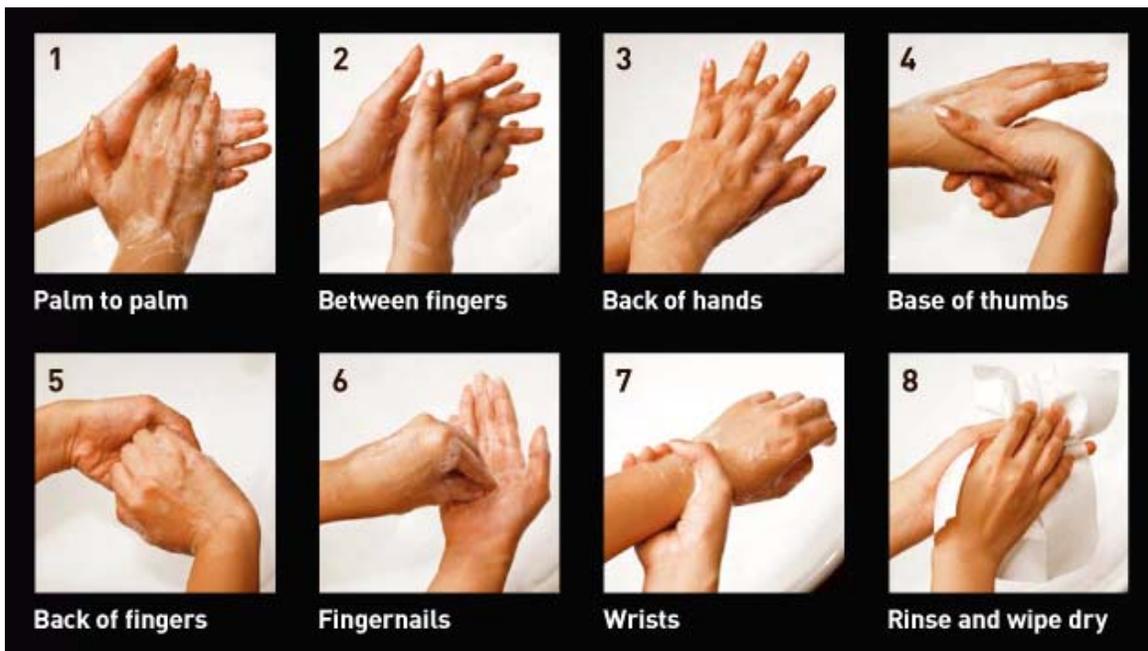


Stay healthy this summer taking preventive steps against norovirus, but remember you can get norovirus at any time during the year. It all starts with good hand hygiene.

For more information on Norovirus, please visit <http://www.cdc.gov/norovirus/>

Handwashing - Keeping Illness Away

Keeping good hand hygiene is one of the best ways to avoid getting sick and spreading diseases. Although handwashing might seem like a fairly simple process, there is some science behind each step of handwashing.



Steps for handwashing best practices:

1. **Wet** your hands with clean, running water. Turn off the water and apply soap.

Hands could become contaminated if placed in a basin with standing water. Using soap helps lift soil and bacteria from skin. California is experiencing a draught, do your part by saving water and turning off the faucet.

2. **Lather** your hands. Make sure to lather palm to palm, between and back of fingers, back of the hands, base of thumbs, fingernails and wrists.

The majority of bacteria hides under the nails. Lathering your hands creates friction, which causes to lift dirt, grease, and bacteria from skin.

3. **Scrub** your hands for a minimum of **20 seconds**. Need help timing? Sing the ABC's.

Consider the level of soil on our hands. Evidence suggests that washing hands for 15-20 seconds removes more germs than washing hands for a shorter period of time.

4. **Rinse** your hands under clean, running water.

To prevent hand recontamination, clean running water should be used to rinse hands. Moreover, since soap and friction helps remove dirt and bacteria, it is necessary to be rinsed off from hands.

5. **Dry** your hands.

Germs can be transferred more easily from wet hands; thus, it is important to dry your hands after washing them. Paper towels or an air dryer are good options.

If soap and water are not available where you are, an alternative to cleaning your hands is to use an alcohol-based hand sanitizer that contains at least 60% alcohol. This should not replace handwashing in places where food is being handled or prepared.

For more handwashing information please visit <http://www.cdc.gov/handwashing/>

Food Handler Training- Online!

San Bernardino County strives to maintain the health and safety of its community. There are many food handler certification options available to the public. However, food employees working in the County are required to obtain a food handler card from San Bernardino County, Environmental Health Services only.

The training and test is available online and you can take it any day, at any time, at your own convenience and pace. The cost for the training and test is \$22 and can be paid online using a credit or debit card. The test is available in English, Spanish, Mandarin, Korean, Vietnamese, and American Sign Language (ASL).



If you are ready to take the training and test, follow this link <http://sbc.statefoodsafety.com/>

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Environmental Health Today



Salud Ambiental Para Hoy



If you have any questions or comments, please contact Norma Mendoza norma.mendoza@dph.sbcounty.gov or Scott Stanley Scott.Stanley@dph.sbcounty.gov, Health Education Specialists, at 800-442-2283.

We appreciate the effort you make to protect the public's health in our County.