The virus can be spread for days after you are feeling better. Norovirus is in the poop and vomit of people who are sick. If the virus gets into your mouth, you can get sick, too.

**From your food**

- Wash your hands for 20 seconds with soap and water after using the bathroom and before preparing food.
- **Do not** prepare food for others until you have felt better for at least 24 hours.

**From your friends and things you touch**

12-48 hours

The virus can be spread for days after you are feeling better.