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

From your friends and things you touch

Always 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.

It’s usually NOROVIRUS, the most common cause of short-term diarrhea and vomiting!