

Don't Barf off the Boat

Your Vomit Matters

Norovirus: the quick & dirty

Symptoms • nausea • vomiting • diarrhea
• stomach pain • sometimes fever and headache

No symptoms does not mean no virus.
You can still spread the virus after you recover.

One person's vomit can contain

billions

of virus particles.



But you have to puke somewhere.

Do it in...

a flushable toilet (lid down when you flush) or a container you can seal & throw out/disinfect with liquid bleach.

Clean it up...

with disposable paper towels and seal them in a plastic bag to throw out

disinfect the affected area and all surrounding areas up to 6 feet beyond

use chlorine bleach concentrated at 1.5 cups liquid bleach/ 1 gallon of water

let it sit for at least 5 minutes

repeat if possible, then clean as usual.

When you vomit in the ocean, the virus builds up in shellfish like oysters and clams; it can still cause infection when the oyster is eaten. Even if lightly cooked or steamed.

As few as **ten** particles can make you sick. Your vomit could infect 100s to 1000s of people.



Healthy people usually recover from norovirus in a few days. For children and the elderly the illness can be severe.

Always **wash your hands** with **soap and water**, especially after using the bathroom or cleaning up vomit. Wash affected clothing and linens immediately.

