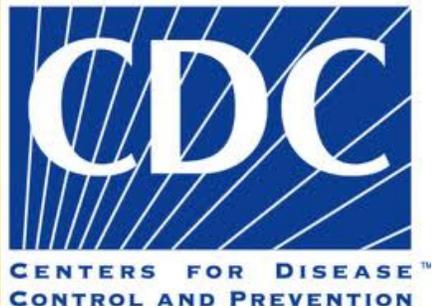


# Norovirus Newsletter

## Norovirus Has Many Names



You may hear norovirus illness called "food poisoning" or "stomach flu." Food poisoning can be caused by noroviruses. But, other germs and chemicals can also cause food poisoning.

Norwalk Virus (Norovirus) illness is not related to the flu (influenza), which is a respiratory illness caused by influenza virus.

### Overview

Norovirus is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastro enteritis). This leads you to have stomach pain, nausea, and diarrhea and to throw up.

Anyone can be infected with norovirus and get sick. Also, you can have norovirus illness many times in your life. Norovirus illness can be serious, especially for young children and older adults.

Norovirus is the most common cause of acute gastroenteritis in the United States. Each year, it causes about 21 million illnesses and contributes to about 70,000 hospitalizations and 800 deaths. Norovirus is also the most common cause of foodborne-disease outbreaks in the United States.

### Transmission

Norovirus is a highly contagious virus. One reason for this is that there are many different types of noroviruses. Being infected with one type of norovirus may not protect you against other types.

Norovirus can be found in your stool (feces) even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better.

You are most contagious

- when you are sick with norovirus illness, and
- during the first 3 days after you recover from norovirus illness.

## Myers Supply

900 Arch St. Little Rock, AR 72202  
501-372-6677  
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[www.MyersSupply.com](http://www.MyersSupply.com)

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Developed after many years of extensive research, the recent innovation by Cascades contributes to optimizing hand hygiene by combining effective drying with persistent antibacterial protection.

It has been shown that hand towels are the most efficient method for drying hands. Combined with the exclusive properties of the *Intelligent*® Cascades® Antibacterial Hand Towel, this hand drying method is now totally optimized!

The paper is referred to as Intelligent because it compensates for people's imperfect hygienic habits without changing the way they do things! This innovative product is a first in the paper industry.



## Myers Chemical & Supplies

Get more product info at: [www.Go2MyersSupply.com](http://www.Go2MyersSupply.com)

You can become infected with norovirus by accidentally getting stool or vomit from infected people in your mouth. This usually happens by

- eating food or drinking liquids that are contaminated with norovirus,
- touching surfaces or objects contaminated with norovirus then putting your fingers in your mouth, or
- having contact with someone who is infected with norovirus (for example, caring for or sharing food or eating utensils with someone with norovirus illness).

Norovirus can spread quickly in closed places like daycare centers, nursing homes, schools, and cruise ships. Most norovirus outbreaks happen from November to April in the United States.

## Symptoms

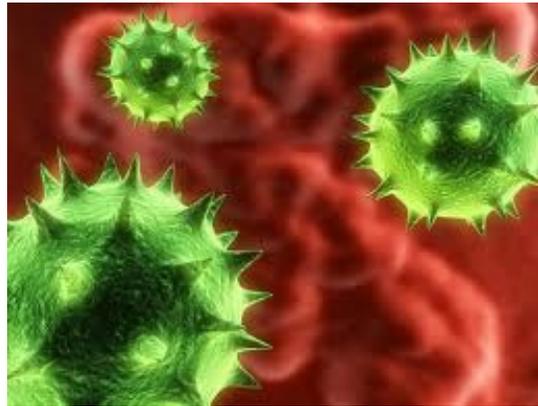
Norovirus causes inflammation of the stomach or intestines or both. This is called acute gastroenteritis.

The most common symptoms—

- diarrhea
- throwing up
- nausea
- stomach pain

Other symptoms—

- fever
- headache
- body aches



If you have norovirus illness, you can feel extremely ill and throw up or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.

Most people with norovirus illness get better within 1 to 3 days.

Symptoms of dehydration—

- decrease in urination
- dry mouth and throat
- feeling dizzy when standing up

Children who are dehydrated may cry with few or no tears and be unusually sleepy or fussy.

## Preventing Norovirus Infection

### Practice proper hand hygiene

Wash your hands carefully with soap and water—

- especially after using the toilet and changing diapers, and
- always before eating, preparing, or handling food.



Noroviruses can be found in your vomit or stool even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better. So, it is important to continue washing your hands often during this time.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water. See "[Handwashing: Clean Hands Save Lives.](#)"



Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.



**When you are sick, do not prepare food or care for others who are sick!**

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in settings such as schools and daycares where they may expose people to norovirus.

Many local and state health departments require that food handlers and preparers with norovirus illness not work until at least 2 to 3 days after they recover. If you were recently sick, you can be given different duties in the restaurant, such as working at a cash register or hosting.

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA). For more information, see [EPA's Registered Antimicrobial Products Effective Against Norovirus \(Norwalk-like virus\)](#).

**Wash laundry thoroughly**

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and
- wash the items with detergent at the maximum available cycle length then machine dry them.



**Treatment**

There is no specific medicine to treat people with norovirus illness. Norovirus infection cannot be treated with antibiotics because it is a viral (not a bacterial) infection. If you have norovirus illness, you should drink plenty of liquids to replace fluid lost from throwing up and diarrhea. This will help prevent dehydration.

Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration. But, these drinks may not replace important nutrients and minerals. Oral rehydration fluids that you can get over the counter are most helpful for mild dehydration.

## PURE Hard Surface Disinfectant & Sanitizer with SDC

### It's Norovirus Season      PURE to the Rescue!

PURE Disinfectant kills Norovirus, Inuenza A, Rotovirus, RSV and more... without CHLORINE, QUATS, ALCOHOL, PHENOLS, AHP:

- Kills germs in as few as 30 seconds\*
- The ONLY Disinfectant with 24 hour\* germ killing residual action
- SDC (Silver Dihydrogen Citrate) is one of the first new molecules approved by the EPA in 30 years
- No Hazard or Caution warnings on label
- Child Safety Network 2011 Safe Family Seal of Approval
- Odorless-Ideal for use near patients and children
- Non-flammable, no VOCs or ozone depleting compounds
- No Rinse for Food Contact Surfaces

### How it Works

1. The silver ion deactivates structural and metabolic membrane proteins leading to microbial death.
2. The microbes view SDC as a food source, allowing the silver ion to enter the microbe. Once inside the organism, the silver ion denatures the DNA, which halts the microbe's ability to replicate, and leads to its death. This dual action makes SDC highly and quickly effective against a broad spectrum of microbes.

**KILLS FLU &  
NOROVIRUS  
IN 30 SECONDS.**  
Designed for use around children

• KEEPS WORKING FOR 24 HOURS



## Multi-Quat Mega 1 Disinfectant Cleaner Kills Norovirus



Cross-contamination is of major housekeeping concern. This product has been formulated to aid in the reduction of cross-contamination not only in hospitals, but in schools, institutions and industry. This product delivers non-acid disinfectant and cleaning performance in an economical concentrate. Effective, yet economical, is a heavy duty disinfectant cleaner that cleans, disinfects and deodorizes in one labor saving step.

This product will disinfect, clean and deodorize surfaces in rest rooms and toilet areas, behind and under sinks and counters, garbage cans and garbage storage areas and other places where bacterial growth can cause malodors. This product is formulated for use in daily maintenance programs with a balance of detergents, biocides and malodor counteractants that deliver effective cleaning, disinfecting and malodor control.

## Make My Day TB Disinfectant Cleaner Kills Norovirus

This product is a general, ready-to-use cleaner and disinfectant for use in homes, hospitals, nursing homes, shower rooms, locker rooms, public restrooms, schools, food service establishments, restaurants, transportation terminals, office buildings, manufacturing facilities, lodging establishments, retail businesses and athlete/recreational facilities where housekeeping is of prime importance in controlling the hazard of cross contamination. It is formulated to disinfect hard, nonporous, inanimate environmental surfaces: floors, walls, metal surfaces, stainless steel surfaces, glazed porcelain, glazed ceramic tile, plastic surfaces, chrome, brass, copper, laminated surfaces, bathrooms, shower stalls, bathtubs, and cabinets. For plastic and painted surfaces, spot test on an inconspicuous area before use. Deodorizes those areas that generally are hard to keep fresh smelling, such as garbage storage areas, empty garbage bins and cans, basements, restrooms and other areas which are prone to odors caused by microorganisms.



## Foaming Luxury Hand Soap

Luxurious foaming soap with a very appealing tropical fragrance. Contains Aloe and Vitamin E. Economical and soft-dispensing, a favorite among end-users. An environmentally responsible, "certified green" foaming hand cleaner made with no added dyes or fragrance. no phosphates, solvents, or nonylphenol ethoxylate surfactants. Luxurious foaming soap CERTIFIED GREEN FOAMING HAND CLEANER is formulated with no VOC's, no silicates, no chelating agents or caustics and is completely biodegradable. Using the automatic or manual Foaming Hand Soap Dispenser, this product creates a rich lathering foam that leaves hands clean, fresh and is gentle to even sensitive skin. Designed for maximum efficiency, Luxurious foaming soap CERTIFIED GREEN FOAMING HAND CLEANER reduces overall amount of product that is recycled to the environment and is made from renewable resources. Use Luxurious foaming soap CERTIFIED GREEN FOAMING HAND CLEANER in: Schools, Universities, Institutions and Office Buildings. This environmentally responsible formulation meets Green Seal's environmental standard for Institutional Hand Cleaners (GS-41) and has been "certified" by Green Seal.



## Foaming Alcohol Hand Sanitizer

No water needed. 62% ethyl alcohol based formula meets CDC recommendations for the highest hand antiseptis. Easy rub-in and great after-feel. Dye and fragrance free, the popular foam-style encourages usage. Ideal for hand cleaning when soap and water is not available. E-3 rated.



## Sani Gel Alcohol Hand Sanitizer

No water needed when using this crystal clear, ethyl alcohol based gel. Kills 99.9% of eight important organisms in 15 seconds or less, plus, the thick formula won't run off hands and doesn't over-dry skin. No dye or fragrance. Helps employees comply with OSHA's Blood-borne Pathogens Standard. Great for hand cleaning when soap and water is not available.

## SaniGuard® Dry-on-Contact Sanitizing Surface Spray



SaniGuard® Surface Spray is the world's first and only DRY-ON-CONTACT Spray Sanitizer & Deodorizer. SaniGuard sanitizing products are EPA registered, patented, and have been proven to kill 99.99% of Avian Flu and 39 other various germs, bacteria, fungus, and viruses in mere seconds; including: MRSA, Ringworm, HIV, E-Coli, Salmonella, and Herpes. Safe for food contact surfaces (no potable rinse required) and other non-porous surfaces including electronics!

The 10oz Spray is great for facility cleaning! Use this spray in bathrooms, offices, schools, and hotels. Ideal for treating hard to clean HOT SPOTS such as phones, faxes, shared office equipment, light switches, faucets, toilet seats, door knobs, drinking fountains, keyboards and computer mouse, break room tables, etc.

The .75oz. Spray is great for PERSONAL use and convenient for TRAVEL! It fits in any purse, bag, briefcase, the console of your vehicle, or even your pocket. Use it to quickly sanitize phones, public restroom fixtures including toilet seats, tables, baby changing stations, car interiors, personal electronic devices or any other non-porous surface.

### ARE YOU LOSING YOUR COMPETITIVE EDGE TO GERMS?

The indirect costs of workplace illness are staggering. A recent estimate is over 100 billion dollars is lost annually to absenteeism and reduced productivity due to employee illness. Now you can control the spread of harmful microbes in the workplace with SaniGuard® by killing germs on the surfaces where they live before they can spread to employees and their families.



# OSHA<sup>®</sup> FactSheet

Noroviruses (NoVs) were named after Norwalk, Ohio, where a NoV strain (subsequently called the Norwalk strain) caused the first sudden major diarrhea and vomiting outbreak (referred to as acute gastroenteritis or AGE) in 1968. In addition to causing disease in humans, some NoV strains have caused disease in cows, pigs and mice. There have been no documented cases of animal NoVs being transmissible to humans or vice versa.

The Centers for Disease Control and Prevention (CDC) estimates that each year in the U.S. NoVs are responsible for approximately 23 million infections resulting in 50,000 hospitalizations. In addition, NoVs are the leading cause of AGE in the U.S., NoV episodes have taken place on cruise ships and in healthcare settings (hospitals and nursing homes), hotels, retirement centers, and schools.

Although NoVs are currently more of a concern to the general public than to employees, the increasing incidence of NoV outbreaks exposes many different employee groups, especially healthcare workers (HCWs). For example, in a Maryland hospital in 2004, 265 HCWs developed AGE during a NoV out-break. The percentage of HCWs affected was three times higher than the percentage of patients affected. Similarly, in an Oregon long-term care facility in April 2006 a relatively large number of employees (25) became ill with AGE.

## Employees at Potential Risk of Exposure

- Hotel employees (especially housecleaning employees);
- Cruise ship employees;
- Food service employees;
- Healthcare (hospital and nursing care) employees treating patients with known or suspected NoV infections;
- Retirement center employees;
- School/daycare employees.

## Training

Employees with potential for NoV exposure should receive training on hazards associated with exposure to NoVs and on hazards the procedures in place in their facility to isolate and report cases and reduce exposures.

## What Ill Employees Should Do

- Ill employees should be sent home immediately.
- Employees who have been ill with suspected NoV should not return to work for 48 to 72 hours after symptoms have ended.
- Do not travel while sick; stay home and limit contact with others as much as possible to help prevent the spread of the virus.

**It's Norovirus Season**  
**PURE™ to the Rescue!**



**Myers Chemical & Supplies**  
Get more product info at: [www.Go2MyersSupply.com](http://www.Go2MyersSupply.com)