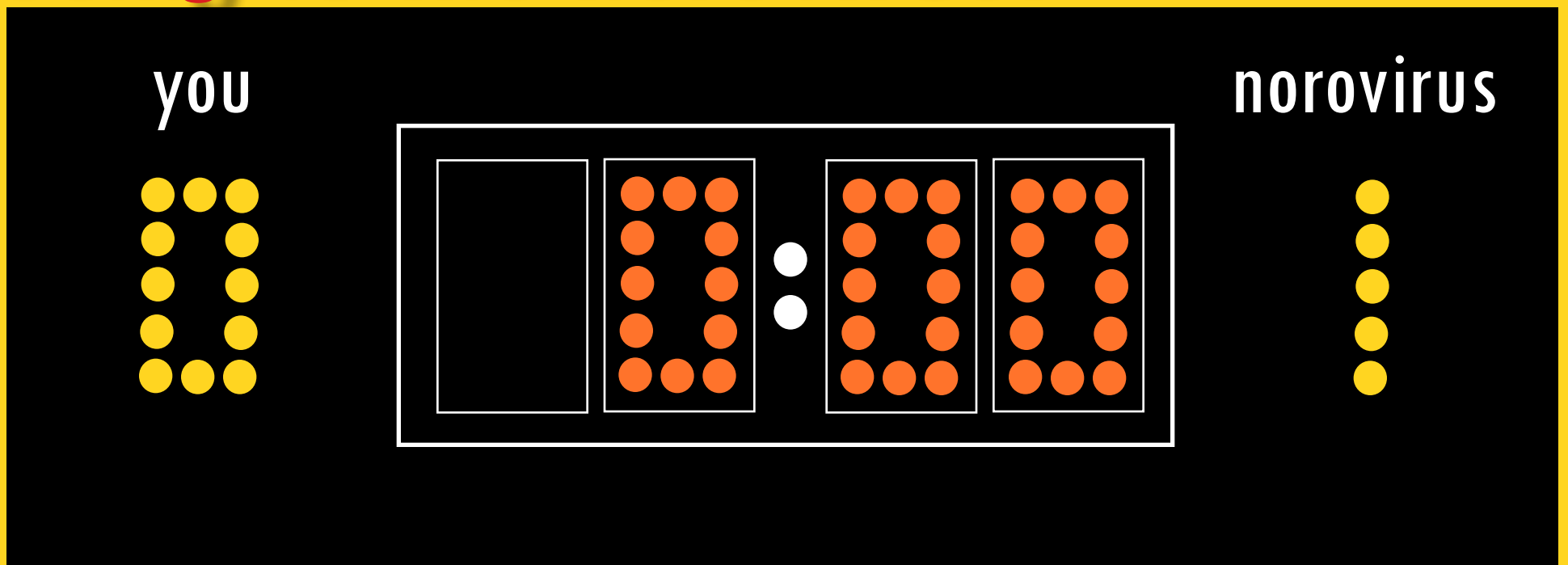


losing to the norovirus?



reset the score. sit this game out.

feeling like you have the stomach bug?

you might actually have a norovirus, an inflammation of the stomach and intestines.

how does it spread?

Noroviruses are spread through contaminated food, liquids and surfaces, and are passed person to person via contaminated hands and objects.

what are the symptoms?

- nausea
- vomiting
- diarrhea
- stomach cramping
- a low-grade fever
- chills
- muscle aches
- tiredness

how do i take down the opponent?

Help prevent the spread of noroviruses by:

- washing your hands with soap and warm water for at least 20 seconds before and after handling food, and after using the restroom
- avoiding sharing food, utensils and drink containers

questions?

Call the Lexington-Fayette County Health Department's Environmental Health office at

(859) 231-9791.



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www.lexingtonhealthdepartment.org

