

Norovirus in Basic Training: Information for Leaders

What is Norovirus?

Norovirus is a *highly contagious* group of viruses that can be rapidly spread from person to person. It can easily attack a unit and circulate within 24-48 hours.

Fast Facts

- Symptoms develop within 12-48 hours following exposure.
- Symptoms include nausea, vomiting, watery diarrhea, and abdominal cramps.
- Recovery takes 1-2 days, but individuals can still be contagious up to 3 days after symptoms subside.
- No vaccine or specific treatment exists. Trainees may need fluid replacement.

For additional information on Norovirus, visit the CDC
at www.cdc.gov/norovirus.

Steps to Prevent Transmission

ISOLATE

- Send all trainees with Norovirus symptoms to sick call or the Troop Medical Clinic.
- Place symptomatic trainees on quarters for at least 48 hours.

RESTRICT

- Keep trainees from handling, preparing, or serving food/drinks while they are sick and for at least 3 days after recovering.
- This also includes DFAC and Unit Pick-up Meals.



Approved for public release,
distribution unlimited
TA-209-0813

PREVENT

- **Wash your hands with soap and water for at least 20 seconds.**
 - Before handling food, eating, and after using the restroom or cleaning.
 - If soap and water aren't available use hand sanitizer with at least a *70% ethanol concentration*.
- **Clean the barracks.**
 - Prepare a fresh bleach solution daily.
 - Disinfect with $\frac{1}{3}$ to 1 cup of bleach (5.25%) per gallon of water (1000-5000ppm).
 - Clean frequently touched surfaces each day.
 - Clean areas with infected trainees twice a day.
 - Do not use bathroom cleaning equipment in other areas of the barracks.
 - Store mops with the mop head down.
- **Wear Personal Protective Equipment.**
 - When mixing bleach, cleaning, or caring for the ill.