

# Stop Germs!

**Contact: Delta County Health Department 970-874-2165**

In light of Mesa County Health Department reporting a large outbreak of stomach virus, Delta County Health Department is recommending the following precautions to limit the spread of illness in our community.

## *Wet, Lather, Scrub, Rinse*



### **WHAT YOU CAN DO:**

It may seem trivial, but proper handwashing techniques are vital.

- Soap and water is best, but hand sanitizers are better than no washing at all.
- Wash your hands routinely throughout the day and especially after using the restroom, before handling food, and after contact with “high touch” surfaces (doorknobs, keyboards, light switches, handrails).

If you are sick, or show any signs of illness **STAY HOME** and do not congregate in public spaces until you are symptom-free for at least 24 hours.

If you someone in your family has been sick, and you’ve cleaned up vomit or feces as a result of their illness, know that you’re at an increased risk to get sick. Use a cleaner that is effective against norovirus (it will specifically say that on the label). If you are unsure if the cleaning product you are using is approved, you can:

- Review a list of EPA cleaners [https://www.epa.gov/sites/production/files/2018-01/documents/2018.05.01.listg\\_.pdf](https://www.epa.gov/sites/production/files/2018-01/documents/2018.05.01.listg_.pdf)
- Mix one cup of bleach with one gallon of water. This concentration will kill the virus; most bleach-based cleaners that come from the store are not at this concentration.

Some viruses like Norovirus can live on surfaces for months, so proper cleaning is essential to stop the spread and future exposure.