

CLOSE CONTACT, BIG RISKS!

“Stomach Flu” Safety Holiday Guide

Stomach viruses spread quickly—especially during the holidays!
Knowing incubation periods and following prevention tips can help protect your family.
Watch for symptoms like nausea, vomiting, and diarrhea.



Know incubation times—some illnesses take just 12 hours!



Norovirus

12 - 48 hours
Incubation Period



Rotavirus

48 - 72 hours
Incubation Period

HEALTH HACKS



Wash your hands often and thoroughly; specially when handling food!



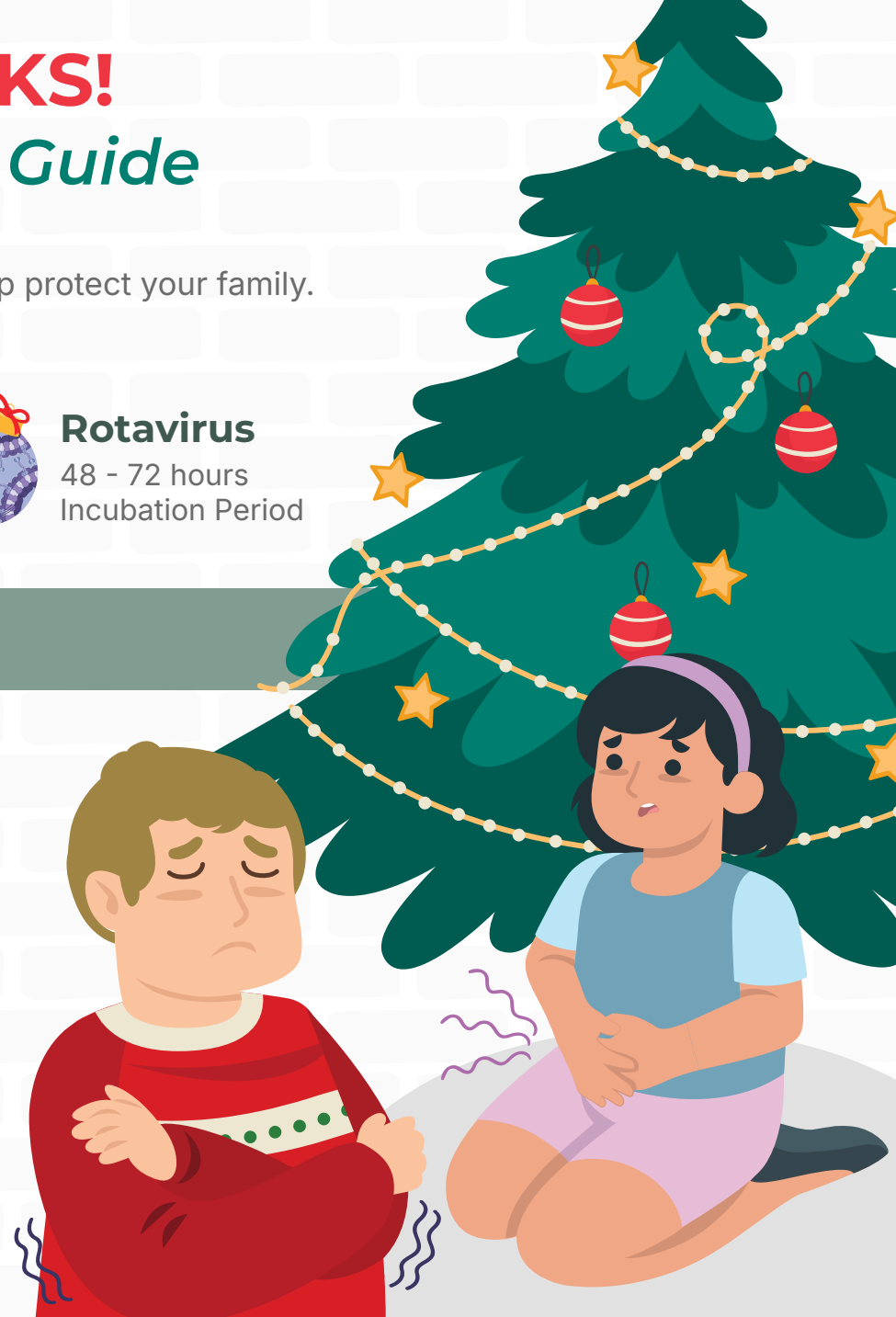
At potlucks, avoid sharing utensils or handling food with your hands to prevent germ spread



Disinfect shared surfaces like counters, doorknobs and tables



Use individual plates and utensils to minimize risks at shared meals



Contact us today to learn more:

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