

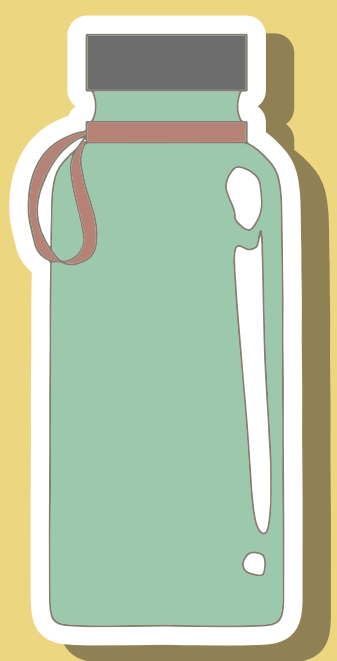


# Prevent Norovirus on the A.T.

Outbreaks of norovirus (or the stomach bug) have occurred on the Appalachian Trail (A.T.) in recent years. Norovirus is highly contagious and causes severe vomiting and diarrhea. Keep yourself and others safe by following these recommendations.

## Treat all water.

Water filters do not filter out viruses. Boil or chemically treat your water with a chlorine or iodine solution.



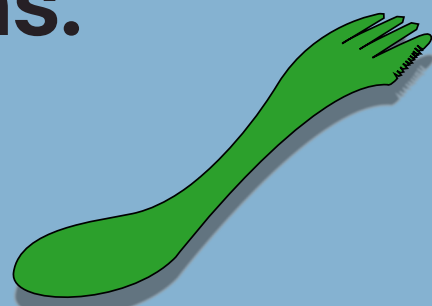
## Wash your hands.

Always wash hands with soap at least 200 feet from water sources. Hand sanitizer is not effective against norovirus.



## Don't share food, water, or other personal items.

Norovirus is highly contagious and can be spread on surfaces.



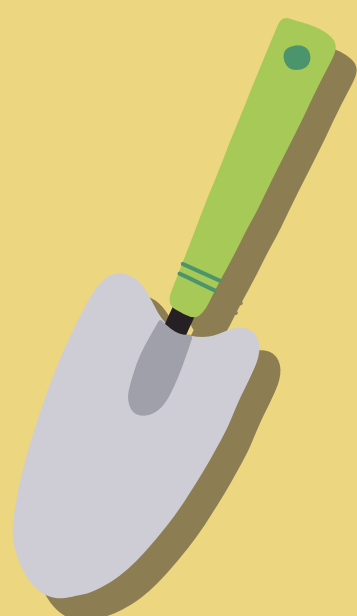
## Avoid other hikers.

Avoid others while sick and for 2 - 3 days after symptoms subside. Tent when possible instead of staying in shelters and get single rooms at hostels/hotels.



## Properly dispose of waste.

Bury poop at least 8 inches deep and 200 feet from water sources, campsites, and the Trail. Wipe down privy handles, bear boxes, and other touch spots with bleach wipes before using.



## Report illness.

Report cases of stomach bug/norovirus to [stomachbug@appalachiantrail.org](mailto:stomachbug@appalachiantrail.org).



## Seek medical treatment.

Especially if you become dehydrated or symptoms last for more than a few days.



## Learn more.

Scan the QR code to learn more about preventing norovirus while camping and hiking.

