

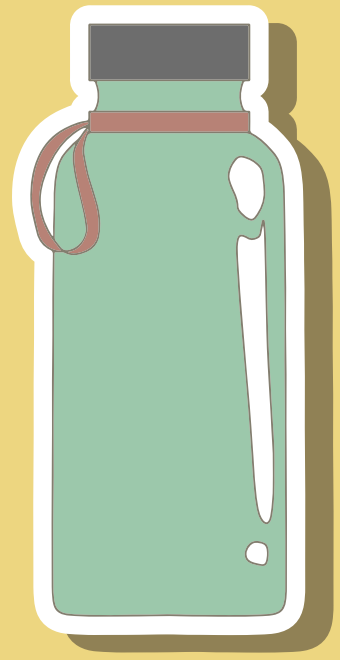
NOROVIRUS ALERT!

Cases of severe diarrhea and vomiting have been reported on the Appalachian Trail (A.T.) in this area. Norovirus is the suspected cause and is very contagious. Help keep yourself and others safe by following these recommendations.

Treat all water.

Most water filters do not remove viruses.

Boiling for at least 1 minute is the most reliable way to kill germs.



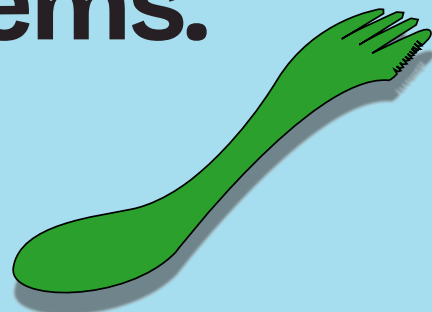
Wash your hands with soap and water for at least 20 seconds.

Hand sanitizer does not work well against norovirus.



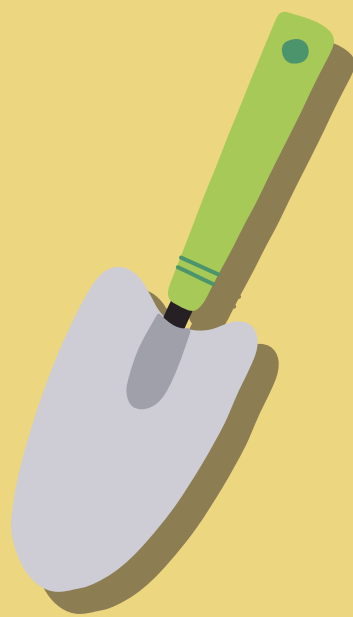
Don't share food, water, or other personal items.

Norovirus is highly contagious and can be spread on surfaces.



Properly dispose of waste.

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



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.



Seek medical treatment.

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



Report illness.

Report cases of stomach bug/norovirus to stomachbug@appalachiantrail.org.



Learn more.

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



stomachbug@appalachiantrail.org • (304) 535-6331