

What is Norovirus?



- Norovirus is a highly contagious virus that causes diarrhea and vomiting.
- Norovirus is commonly referred to as the "stomach bug."
- Norovirus is common and is easily spread through contaminated food or water, contaminated surfaces, or through close contact with sick individuals.

Who can get Norovirus?



It only takes a small amount of norovirus to make you sick and anyone can get sick from it.

People can get Norovirus from:

- Touching surfaces contaminated with norovirus
- Direct contact with a sick person
- Drinking untreated water or accidental consumption of recreational water such as pools, lakes, or rivers.
- Eating food contaminated with Norovirus

Symptoms of Norovirus:



Symptoms usually start 12 to 48 hours after exposure, and usually last about 1-3 days.

Symptoms may include:

- Diarrhea that can be bloody
- Stomach cramps or pain
- Fever
- Nausea
- Vomiting
- Headaches
- Body aches



What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Norovirus.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to decrease your chance of getting Norovirus:

The best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop)



-Disinfect surfaces often (especially after someone vomits or has diarrhea, and before food preparation.

-Make sure to cook foods all the way.

-Wash all fruits and vegetables before eating them.

-If you are sick, do not prepare food for others.

Treatment:



There is no specific medication, cure, or vaccine for a Norovirus infection.

People with a Norovirus infection should drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to hospitalization.

Antibiotics will not treat a viral infection and should not be taken.