

NOROVIRUS FACT SHEET

What is Norovirus?

Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed. This leads to stomach pain, nausea, diarrhea and vomiting. These symptoms can be serious for some people, especially young children and older adults.

What are the symptoms?

- Stomach pain
- Nausea and vomiting
- Diarrhea
- Low-grade fever, chills and headaches

Symptoms usually begin 24-48 hours after exposure but may appear within 12 hours. Symptoms last 1-3 days.

How can it be prevented?

- Wash hands with soap and water frequently
- Use hand sanitizer when washing hands is not an option
- Flush **any** vomit or stool in the toilet and make sure the surrounding area is kept clean
- Do **NOT** prepare food while you have symptoms and for 3 days after recovery. Any food that may have been prepared by someone infected **MUST** be thrown away

More Information: <http://www.cdc.gov/norovirus/about/index.html>

How can it be spread?

Norovirus can be found in the stool or vomit of an infected person

- Eating food, drinking liquids, touching surfaces or objects that are contaminated with norovirus
- Having direct contact with someone who is infected and has symptoms
- Eating raw or undercooked oysters from contaminated waters

People can be contagious from the moment they become ill to at least 3 days after recovery.

How is it treated?

- There is no antiviral medication or vaccine
- It cannot be treated with antibiotics
- Drink clear liquids and avoid alcoholic and caffeinated drinks
- **For children**, an oral rehydration fluid, such as Pedialyte, can be used to prevent dehydration

What are symptoms of dehydration?

- Decrease in urination
- Dry mouth and throat
- Feeling dizzy when standing up

Children with dehydration may cry without tears and be unusually fussy or sleepy.

