

# Norovirus

Norovirus is the leading cause of vomiting & diarrhea in the US. People of all ages can become infected & get sick.

## How can I get norovirus?

- Direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces & then placing your hand in your mouth



If you have norovirus, you should drink plenty of liquids to replace fluid lost from vomiting & diarrhea. This will help prevent dehydration.

## What are the symptoms?



- Nausea
- Vomiting
- Diarrhea
- Stomach cramps

Symptoms usually appear 12-48 hours after exposure & typically get better within 1 to 3 days.



For some people — especially infants, older adults, & people with underlying diseases — vomiting & diarrhea can be severely dehydrating & require medical attention.

- Do not send a sick child to school or go to work if you are ill
- Infected persons should not prepare food while symptomatic & for three days after recovery

A person is highly contagious when they have symptoms. Even after the symptoms have ended, they can still spread the disease for up to 2 weeks.

## How do I prevent norovirus?



Wash your hands frequently with soap & water.



- Alcohol-based hand sanitizers do NOT work well against norovirus



After someone vomits or has diarrhea, always thoroughly clean & disinfect the entire area immediately with a bleach-based household cleaner



Immediately remove & wash clothes or linens that may be soiled with vomit or feces.



Handle & prepare food safely.

- Carefully wash fruits & vegetables.
- Cook oysters & other shellfish thoroughly to an internal temp of at least 145°F

