

Norovirus Infection

Norovirus is a virus that causes the stomach and intestines to become inflamed. A norovirus infection can easily be confused with the stomach flu or food poisoning. **The most common symptoms are:**

- stomach pain,
- diarrhea,
- nausea, and
- vomiting.

Some people may have an added fever, headache, and possible body aches.

Norovirus is highly contagious and spreads easily from one person to another. Anyone can get a norovirus infection, and multiple norovirus infections can occur in a lifetime.

The virus lives in the feces and vomit of an infected person. It is present days before symptoms of the illness start and can be present up to two weeks after symptoms are gone.

The norovirus is spread through food that has been prepared or touched by an infected person, surfaces that were not properly cleaned and disinfected, unwashed hands of infected persons, or an individual not washing their hands after using public or shared restrooms.

To prevent norovirus from spreading:

- Wash hands properly for 20 seconds with warm water and soap. Scrub vigorously, working soap into a lather. Be sure to scrub under your fingernails, between fingers, back of hands, and under jewelry. Rinse and dry with a clean paper towel.





- Clean surfaces with a mild detergent to remove surface dirt, grime, vomit, and feces.
- Disinfect with an EPA-registered disinfectant or a dilute household bleach solution.
- Persons who are ill with vomiting and/or diarrhea should not prepare food while they have symptoms and for 3 days after they recover from their illness.

Dehydration is very common with this type of illness. Dehydration

presents in decreased urination, dark-colored urine, dry and possibly sticky mouth and throat, lack of energy, and acting edgy or fussy.

Keep hydrated with water, juice, and electrolyte-containing rehydration beverages. Drink small sips frequently if vomiting is occurring. Address dehydration immediately, especially in young children, the elderly, people with chronic health conditions, and pregnant women.

Seek medical attention immediately if symptoms worsen and if you have these symptoms:

- dizzy,
- fast heart rate and/or breathing,
- feel faint,
- sunken eyes,
- no presence of tears,
- little or no urine in 8 hours, or
- saggy skin after you pinch it.



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