NOROVIRUS ILLNESS

Norovirus – the stomach bug

- Norovirus is a highly contagious illness caused by infection with a virus called the norovirus. It is often called by other names, such as gastroenteritis, stomach flu, and food poisoning.

- Norovirus infection causes an inflammation of the stomach and intestines. The most common symptoms are diarrhea, vomiting, and stomach pain.

- Anyone can get the norovirus and you can get it multiple times during your lifetime.

- Norovirus is the most common stomach virus in the United States.

Norovirus illness can be serious

- Norovirus can make people feel extremely ill. You may vomit and have diarrhea many times a day.

- Most people get better within 1 – 2 days.

- Dehydration can be a problem among some people with norovirus infection, especially the very young, the elderly and people who have other illnesses.

Norovirus is highly contagious and spreads rapidly.

- Noroviruses are highly contagious and outbreaks are common due to the ease of transmission.

- People with norovirus are contagious from the moment they begin to feel ill to at least 3 days and perhaps as long as 2 weeks after recovery.

- Norovirus can spread rapidly in closed environments such as daycare centers and nursing homes.

Tips to prevent the spread of norovirus
• Wash your hands with soap and water. Alcohol based hand sanitizers may be helpful until you can wash with soap and water.

• Carefully wash all fruit and vegetables before eating them

• Clean and disinfect contaminated areas, such as the bathroom.

**No specific treatment or vaccine for norovirus infection.**

• There is no vaccine to prevent norovirus infection.

• There is no specific medication to treat people with the norovirus.

• Rehydration is important for infected people. Drink plenty of liquids to replace fluid lost through vomiting and diarrhea.