

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



Center for Health & Counseling Services

505 Ramapo Valley Road, Mahwah, NJ 07430-1680

Phone:

Counseling Services: 201-684-7522

Health Services: 201-684-7536

www.ramapo.edu

- 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.