

What Are Noroviruses? The most common cause of gastroenteritis (stomach flu), noroviruses are a group of viruses that have also been called "winter vomiting virus", or "Norwalk-like viruses".

Symptoms:

- Norovirus usually includes nausea, vomiting, diarrhea and stomach cramps.
- Symptoms often start suddenly and the infected person may feel very sick.
- People who are at higher risk for infections may be more ill: young children, the elderly, and persons with long-term illness.
- Symptoms occur about 12-28 hours after contact or exposure.



Incubation and Duration:

- Duration is usually 1 to 2 days.
- Infectious from onset, up to 72 hours after recovery.



It Is Transmitted:

- By eating or drinking foods that have been contaminated with norovirus.
- Direct person to person spread.
- Contaminated surfaces or via the mouth.

Treatment:

- Drink plenty of fluids to prevent dehydration.
- No antiviral medication or vaccines exist for norovirus.
- It cannot be treated with antibiotics because it is viral.

Handwashing & Prevention:

- Handwashing is the best prevention. Wash for 20 seconds after using the restroom, changing diapers and before eating.
- Wash before and after direct contact with someone ill.



- Avoid preparing food for others if you have diarrhea or vomiting.
- Practice good personal hygiene when handling food.
- Clean and sanitize counter tops and hard contact surfaces.
- Wash clothing or linens soiled with vomit or feces in hot water and bleach. Dry on hottest setting of dryer.

Norovirus Risks:

- Norovirus is extremely contagious and spreads easily. It can be difficult to contain.
- Outbreaks occur more often in semi-closed environments such as hospitals, nursing homes, schools, and cruise ships.
- Norovirus affects people of all ages. Extra care should be taken for the very young and elderly not to become dehydrated during illness.



http://www.cdc.gov/ncidod/diseases/submenus/sub_norwalk.htm



Stay home:

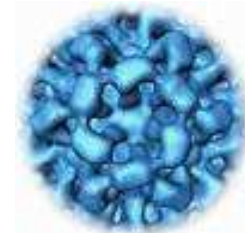
- If you are ill with vomiting or diarrhea. Do not go to work or school until 72 hours after symptoms resolve.
- Staying home is especially important for those who work in food service or care for others.
- Report illness to supervisor if working in a food facility, day care or patient care.



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NOROVIRUSES

An Easy Catch



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Health & Human Services