

Norovirus Fact Sheet

What is it?

Norovirus is a very contagious virus that causes vomiting and diarrhea. People of all ages can get infected and sick. Sometimes this virus is called names like "the stomach bug" or "food poisoning."



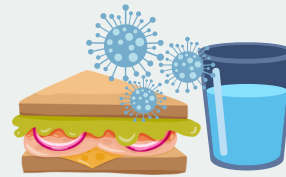
How does it spread?

Norovirus germs spread quickly in places like restaurants, cruise ships, and schools. This virus is found in the stool (poop) and vomit of people who are infected, and can spread when someone ingests the virus.

THIS CAN HAPPEN WHEN YOU:



Have close, personal contact with an infected person.



Eat food or drink water that is contaminated with these germs.

How do I know if I have it?

A doctor can determine if you are likely to have norovirus based on your symptoms alone. There is a stool test for norovirus but that is usually not necessary. Symptoms develop 12 to 48 hours after being exposed to norovirus and can last 1 to 3 days.

Your symptoms can include:

- Fever
- Headache
- Body aches
- Vomiting
- Diarrhea
- Nausea or stomach pain

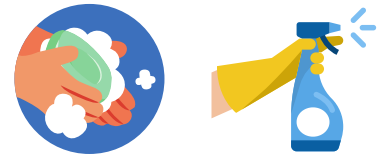


How can I protect myself?

The best way to prevent norovirus is through practicing proper hand hygiene. You should wash your hands thoroughly with soap and water (for at least 20 seconds). Hand sanitizer does not work well against Norovirus.

You can also protect yourself and others when you:

- Don't cook for others when sick.
- Clean up accidents involving vomit or stool fast.
- Clean surfaces, then disinfect with bleach to kill germs.



How should I take care of myself or someone who has Norovirus?

There is no specific treatment for a norovirus infection. Most people get better on their own within 1-2 days. If you experience diarrhea or vomiting, drink plenty of liquids to prevent dehydration (loss of liquids).

Help your body by drinking these:

- **Water**
- **Rehydration drinks (e.g., Pedialyte, Gatorade)**
- **Broth**



If you are sick with norovirus, you'll need to rest. Please stay home until you no longer experience vomiting or diarrhea.

When should I call a doctor?

You need to ask your doctor what to do if you become dehydrated. Symptoms of being dehydrated include:

- Dry mouth
- Feel dizzy
- Little urination (pee)
- Feel more tired than normal
- Cry with few or no tears

