

Norovirus

What is Norovirus?

Norovirus is a very contagious virus that causes vomiting and diarrhea. People of all ages can get infected and sick.



What should I know?

Norovirus is found in the stool (poop) and vomit of people who are infected. You can get sick if norovirus germs get into your mouth. 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?

If you are sick with these germs, you can have:

- Diarrhea
- Stomach pain
- Vomiting
- Nausea



How can I prevent it?



Wash hands with soap and water.



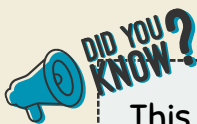
Clean up vomit or stool fast.



Don't cook for others while sick.



Clean surfaces, then disinfect with bleach to kill germs.



This virus is one of the most common causes of nausea, vomiting, and diarrhea. Some other names for norovirus are "stomach bug" or "food poisoning."