

# Norovirus

What you need to know

## What is norovirus?

Norovirus is a very common and highly contagious virus that causes nausea, vomiting and diarrhea. Norovirus is **not** the flu or related to the flu.

## How does it spread?

Norovirus spreads quickly and easily in a few different ways:

- **Direct contact** with someone with norovirus, such as sharing food or utensils, or caring for someone with the virus.
- **Eating food or drinking liquids** that have been contaminated with the virus.
- **Touching contaminated surfaces** and then touching your mouth or nose.



## What can I do to protect myself from getting norovirus?



**Wash your hands often and thoroughly, especially before eating**



**Disinfect common household surfaces**



**Avoid touching your face**



**Be extra careful with food preparation**

### TIP:

- If someone in your direct household has norovirus, **isolate** that person to one location and one bathroom if able.
- If a child is sick, **identify one member** of the household to care for the child, limiting the risk of spread to the entire household.



# What are symptoms of norovirus?

**Most common symptoms:** diarrhea, vomiting, nausea, and stomach pain

**Other symptoms may include:** fever, headache, and body aches

A person usually develops symptoms 12 to 28 hours after being exposed to norovirus.

# When and for how long is a person contagious and able to spread norovirus?

If you have norovirus, you are contagious from the moment you start experiencing symptoms until at least 3 days after recovery. Some people might be contagious for as long as 2 weeks after they recover.

## Additional Recommendations:

- Watch out for signs of dehydration. Drink plenty of liquids, especially containing electrolytes.
- Raw or undercooked shellfish can be a source of norovirus and can contain other viruses and bacteria.
- Wash laundry in hot water.
- Stay home for 48 hours after symptoms have stopped.
- There is no specific medicine to treat people with norovirus such as antibiotics. Instead, stay hydrated, get lots of rest, and eat soft, bland foods.
- Handwashing is best practice to prevent norovirus. Hand sanitizer alone does not work well against norovirus.



Contact a healthcare provider if you are unable to eat or drink, or if you have symptoms that last longer than three days.

**For additional guidance and information, call 330-723-9688, option 2 to speak with a public health nurse.**

Services are partially supported by your local health levy. This institution is an equal opportunity provider.

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**Contact Us**



330-723-9688



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