

Norovirus



What is it?

Noroviruses are a group of viruses that cause gastrointestinal (stomach) illness in people. These viruses are very contagious. Sometimes called the "stomach flu," norovirus is not related to the virus that causes flu.

Symptoms

Symptoms often begin suddenly, within 24-48 hours. It is usually brief, lasting 1-2 days.

- Nausea
- Vomiting
- Diarrhea
- Stomach cramping
- Sometimes low-grade fever, chills, headaches, muscle aches, and tiredness



When sick

- Stay home for at least 24 hours after feeling better
- Do not prepare or serve food until 3 days after feeling better
- Drink a lot of fluids
- Watch for dehydration symptoms: fatigue, dry mouth and throat, dizziness, decreased urination (less pee), and fussiness and crying without tears in very young children

How are noroviruses spread?

Noroviruses are in the stool or vomit of infected people. People can become infected by:

- Having direct contact with a sick person
- Consuming contaminated foods or liquids
- Touching contaminated surfaces and then touching their mouth

Who is at risk for severe illness?

Dehydration from a lack of fluids is the biggest concern with norovirus. Dehydration is more commonly seen among:

- Very young children
- Older adults
- People with weakened immune systems



Ways to prevent norovirus

- Wash hands often with soap and water
- Disinfect contaminated surfaces with soap and water and a bleach solution
- Wash soiled clothing or linens
- Wash fruits and vegetables before eating
- Cook seafood thoroughly



Learn more
about norovirus

Communicable Disease Investigation & Prevention
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