

Understanding Norovirus

What Is Norovirus?

Norovirus is the most common cause of food poisoning and diarrhea in the United States.

Most Common Signs of Norovirus:

- Watery diarrhea
- Stomach cramping
- Nausea
- Vomiting

How Do You Get Norovirus?

- Direct contact with a person who has the virus
- Eating or drinking something that has the virus in it
- Touching something that has the virus on it

Why Is Norovirus Spread So Easily?

- It only takes a very small amount of the virus to make you sick
- A person with the virus can give it to others the moment they begin to feel sick and for the first few days after they begin to recover
- The virus spreads quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships
- The virus can stay on objects and surfaces and still make people sick for days or weeks
- The virus can survive some cleaning products, making it hard to get rid of

How Is Norovirus Diagnosed?

- It is diagnosed by a test of the stool

How Is Norovirus Treated?

- IV Fluids are given to replace the fluids lost from diarrhea and vomiting
- Antibiotics do not help

How Is Norovirus Prevented?

- In the hospital, a person with the virus will stay in a Contact Precautions Isolation Room. This prevents the virus from spreading to others.
- Health care team members and visitors should clean their hands upon entering and leaving patient rooms
- Health care team members and visitors should wash their hands with soap and water before leaving patient rooms
- People with the virus limit unnecessary trips outside of their room
- Rooms are cleaned with products that kill the virus

What Can I Do If I Have Norovirus?

- Remove clothes or linens that may have vomit or stool on them and wash them thoroughly
- Wash your hands with soap and water for at least 15 seconds after handling soiled items and after using the bathroom

Will I Give my Family and Friends Norovirus?

- Visitors are not likely to get the virus if they follow proper hygiene and wash their hands before entering and leaving your room

For More Information

Visit The Centers for Disease Control and Prevention (CDC) at [cdc.gov](https://www.cdc.gov)