

Norovirus “stomach flu”



The norovirus is a virus that causes the “stomach flu”.

Symptoms include **nausea, vomiting, diarrhea, and some stomach cramping**. Low-grade fever, chills, headache, muscle aches, and a general sense of tiredness are also possible. Symptoms begin suddenly, and the person may feel very sick. The illness is usually brief with symptoms lasting only about 1 or 2 days. Children will usually experience more vomiting than adults.

People can get the virus by eating food or drinking liquids that are contaminated with norovirus or by touching surfaces or objects contaminated and then placing their hand in their mouth. Having direct contact with another person who is infected is another way it can be spread.

Although not serious, the noroviruses are **very contagious** and can spread easily from person to person. Both stool and vomit are infectious. Special care should be taken with young children in diapers who have diarrhea.



Frequently wash your hands to reduce risk of getting sick.

How can I prevent a norovirus infection?

1. Frequently wash your hands, especially after bathroom visits and changing diapers and before eating or preparing food.
2. Carefully wash fruits and vegetables.
3. Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
4. Immediately remove and wash clothing or linens that may have been contaminated with the virus.
5. Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

Persons who are infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.



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