



# Norovirus

## What is Norovirus?

Norovirus is a group of viruses which can produce an inflammation of the intestinal tract, with symptoms of nausea, vomiting and diarrhea. It is a common water and foodborne illness that can occur in all age groups. It is usually a self-limited, mild to moderate illness lasting 24-60 hours. Symptoms generally occur 12-48 hours after exposure. The virus is most contagious during the acute stage whether there are symptoms present or not and generally up to 48 hours after diarrhea stops.

## How is Norovirus spread?

Norovirus is very contagious and can be spread easily by:

- Eating or drinking food or water contaminated by persons infected with norovirus.
- Having direct contact with a person infected with norovirus.
- Touching surfaces or objects contaminated with norovirus and then touching their mouth before hand washing.
- Contamination of food or water can occur when raw sewage pollutes the water.
- Eating food from contaminated waters such as oysters and clams.

## How is Norovirus treated?

- Norovirus can be diagnosed by checking a stool sample. Lab testing is difficult and is done only if there is a suspected outbreak.
- Usually the primary treatment is to replace fluids lost due to diarrhea.

## How can Norovirus be prevented?

- Practice good personal hygiene and hand washing.
- Use safe food and water supplies.
- Cook foods thoroughly.

- Wash all fresh fruits and vegetables before serving.
- Environmental disinfection with recommended chlorine bleach solution. See [www.michigan.gov](http://www.michigan.gov) for specific norovirus cleaning guidelines.

## Symptoms of Norovirus:

- Nausea
- Rapid onset vomiting
- Abdominal pain/cramps
- Watery/non-bloody diarrhea
- Low grade fever
- Headache

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[www.mijackson.org](http://www.mijackson.org)



Source: [www.cdc.gov](http://www.cdc.gov)

CDC Public Information

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