Norovirus

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

What are the symptoms?

- Vomiting
- Stomach cramps
- Diarrhea
- Low fever

What is Norovirus

Norovirus germs cause illness in your belly. Some people call it "stomach flu", but it is not at all related to Influenza or "the flu". Some people get so sick from Norovirus that they need to see a doctor or are hospitalized, especially young children, the elderly, pregnant women, and people that get sick easily. Norovirus is one of the most common germs that causes illnesses from food.

How you might pick up Norovirus

Humans carry Norovirus in their bellies and poo. Animals do not carry Norovirus. Norovirus spreads very easily in close quarters, like classrooms, cruise ships, family reunions, and nursing homes. If you have Norovirus, you can very easily give it to someone else. Norovirus is hard to wipe out because it survives hot and cold temperatures and many types of cleaners.

If you have vomiting or diarrhea...

Don't prepare food for other people.

Don't use the same serving spoons as other people.

Clean contaminated areas with bleach solution right away.

You get Norovirus from...

Someone who has Norovirus

Food or water that has been contaminated by someone with Norovirus

Oysters and other shellfish harvested from contaminated water

Touching something that was contaminated with Norovirus, and then putting your hand or the object in your mouth

Staying safe

Wash hands with soap and water before preparing or eating food and after using the bathroom or changing a diaper.

Cook oysters and other shellfish thoroughly.

Wash fruits and vegetables before eating or cutting them up.

Serve hot food hot and cold food cold. Put any leftovers in the refrigerator within two hours.

Source: http://www.cdc.gov/norovirus/

Contact

AZ Department of Health Services
Office of Infectious Disease
602-364-3676
www.azhealth.gov

ARIZONA DEPARTMENT OF HEALTH SERVICES