



Norovirus

*Report outbreaks of diarrhea, nausea, or vomiting **within 24 hours** to local public health*

Additional Information:

Norovirus is a common cause of community outbreaks of vomiting and diarrheal disease. Often called the “stomach flu”, it is not related influenza. Dehydration can occur from frequent vomiting and diarrhea and may require medical assistance.

People who have signs and symptoms of norovirus infection should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.

Norovirus is not killed by many commonly used cleaning products. After vomiting or diarrhea, immediately clean up any visible matter and then disinfect using an [EPA-approved cleaner](#) against norovirus or a [freshly prepared bleach solution](#).

Resources

- [CDC Norovirus](#)
- [CDC Norovirus for Food Workers](#)
- [ADHS Norovirus](#)
- [ADHS Norovirus Fact Sheet](#)
- [ADHS Norovirus Fact Sheet \(Spanish\)](#)

Norovirus is a very contagious illness.

Symptoms can include:

- Diarrhea
- Vomiting
- Stomach pain
- Low grade fever
- Body aches

Incubation Period	12–48 hours
Contagious Period	From the onset of illness to at least 3 days after recovery (and sometimes for weeks following resolution of symptoms)

Recommended Actions

Isolate and exclude

Cases:

Exclude cases until diarrhea has resolved

Contacts:

None

If you have questions please call public health for assistance and recommendations.

Transmission

Norovirus enters the body through the mouth, through direct contact with surfaces or objects contaminated with norovirus, having contact with the stool or vomit of an infected person, or eating food or drinking liquids that are contaminated with norovirus.

Prevention

Careful [hand-washing](#) with soap and water, especially after assisting an ill child, using the toilet and changing diapers and always before eating or preparing food.

Alcohol-based hand sanitizers are not effective in preventing infectious norovirus. Hand-washing with soap and water should be emphasized.