

Gila County
Health & Emergency Management

Prevent. Promote. Protect.

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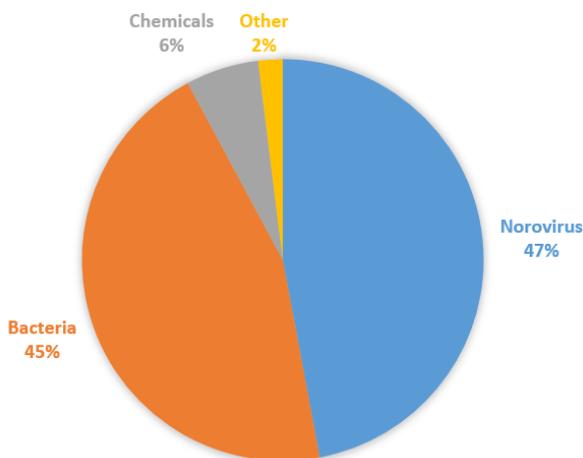
PHONE: (928) 402-8811

Norovirus Fact Sheet

Background

Norovirus is the most common cause of vomiting and diarrhea in the United States. It causes an estimated 21 million illnesses per year. Norovirus is a common cause of diarrheal illness in places where people are in close contact, like schools, nursing facilities, and cruise ships.

Causes of Foodborne Illness, 2009-2012



Symptoms

The most common symptoms are nausea, projectile vomiting, watery diarrhea, and abdominal pain. Symptoms usually begin 24 to 48 hours after exposure, and last 1 to 3 days. Some people with Norovirus have no symptoms, but can still pass the virus to others.

Transmission

Norovirus are found in the intestinal tract of infected people and can be shed in their feces for up to 3 days after their symptoms resolve. Infected persons can spread the virus if they do not wash their hands well enough after using the bathroom. The most common ways to become infected with norovirus are:

- Contact with an infected person
- Consuming contaminated foods or liquids
- Touching your mouth or eating after touching a contaminated surface

Treatment

Norovirus is unpleasant, but most persons fully recover without specific treatment. Seek medical care immediately if you experience severe vomiting, bloody diarrhea, dehydration, or abdominal pain.

Prevention

Norovirus is very contagious; it only takes a few virus particles to make someone ill. Norovirus is resistant to alcohol-based hand sanitizers.

To prevent norovirus:

- Wash your hands frequently with soap and water, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages
- Dispose of soiled diapers properly and disinfect diaper changing areas after use
- Keep children with diarrhea home from daycare
- Stay home from school or work until 3 days after symptoms resolve
- Persons with diarrheal illness should not prepare food for others while they are sick and for 3 days after their diarrhea goes away



For more information

If you need more information, please contact your primary care physician or Gila County Division of Health & Emergency Management at (928) 402-8811.