

Protecting Yourself and Others from Norovirus

- ***Practice proper hand hygiene***

Wash your hands with soap and water, especially after using the restroom, changing diapers and before eating or preparing foods. **Alcohol-based products are not effective against Norovirus.**



- ***Take care in the kitchen***

Carefully rinse fruits and vegetables and cook shellfish thoroughly before eating. If you are infected, do not prepare food for others for at least 72 hours after symptoms have ended.



- ***Clean and disinfect contaminated surfaces***

Immediately clean and disinfect contaminated surfaces utilizing a solution made with 1/2 cup of bleach to 1 gallon of water.



- ***Wash laundry thoroughly***

Immediately remove and wash clothing that may be contaminated. Wash soiled items with detergent in **hot water** for the maximum available cycle length and machine dry.



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Norovirus



What is Norovirus?

Norovirus is an extremely contagious virus that can lead to inflammation of the stomach, intestines, or both. This virus can be transferred from an infected person, contaminated food or water, or by touching contaminated surfaces.

Interesting Facts:

Norovirus is the most common cause of gastroenteritis in the United States.

CDC estimates that Norovirus causes 19 to 21 million illnesses, 56,000 to 71,000 hospitalizations and 570 to 800 deaths each year.

It is estimated that a person will get Norovirus approximately 5 times in their lifetime.

Who can get Norovirus?

Anyone can become infected by Norovirus. It can have a dramatic impact on the general Population and can be an extremely serious illness for young children, elderly persons, and those with other health conditions.

What are the symptoms?

The most common symptoms are:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Other symptoms may include:

- Fever
- Headache
- Body aches



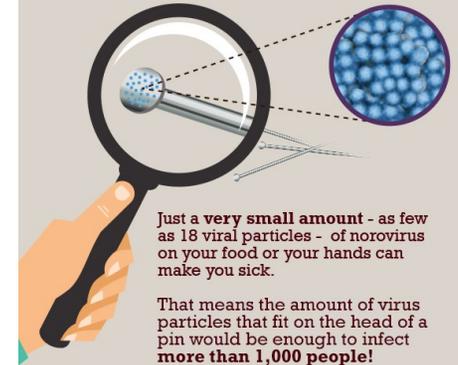
A person usually develops symptoms 12 to 48 hours after exposure. Most people recover within 1 to 3 days.

How does it spread?

You can become infected with Norovirus by accidentally getting stool or vomit from an infected person in your mouth. This usually happens by:

- Eating food or drinking liquids that are contaminated with Norovirus
- Touching surfaces or objects contaminated with Norovirus and then putting your fingers in your mouth
- Having contact with someone who is infected with Norovirus.

How contagious is norovirus?



SOURCE: Journal of Medical Virology, August, 2008

What is the treatment for Norovirus?

There are no specific medications to treat those infected with Norovirus. Antibiotics are not effective because it is a viral, not a bacterial, infection.

If you believe you have Norovirus, it is important to drink plenty of liquids to replace lost fluids. This will help prevent dehydration.

