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## Norovirus

### **What is norovirus?**

Noroviruses are a group of viruses that cause the “stomach flu,” or gastrointestinal (stomach and digestive) illness. Norovirus infection occurs occasionally in only one or a few people or it can be responsible for large outbreaks, such as in long-term care facilities.

### **Who gets norovirus?**

Norovirus infects people of all ages worldwide. It may, however, be more common in adults and older children.

### **How does someone get norovirus?**

Norovirus is spread from person to person via feces, but some evidence suggests that the virus is spread through the air during vomiting. Good hand washing is the most important way to prevent the transmission of norovirus. Outbreaks have been linked to sick food handlers, ill health care workers, cases in facilities such as nursing homes spreading to other residents, contaminated shellfish, and water contaminated with sewage.

### **What are the symptoms of norovirus?**

Serious illness rarely occurs. The most common symptoms include nausea, vomiting, and stomach cramps. Diarrhea may occasionally accompany vomiting. Fever is usually low grade or absent. Infected people generally recover in 1-2 days.

### **How soon after exposure do symptoms appear?**

The incubation period for norovirus is 1-2 days.

### **How is norovirus infection diagnosed?**

Laboratory diagnosis is difficult but there are tests that can be performed in the New Hampshire Public Health Lab in situations where there are multiple cases. Diagnosis is often based on the combination of symptoms and the short time of the illness.

### **What is the treatment for norovirus infection?**

No specific treatment is available. People who become dehydrated might need to be rehydrated by taking liquids by mouth. Occasionally patients may need to be hospitalized to receive intravenous fluids.

### **How can norovirus be prevented?**

While there is no vaccine for norovirus, there are precautions people should take:

- Wash hands with soap and warm water after using the bathroom and after changing diapers
- Wash hands with soap and warm water before preparing or eating any food
- Cook all shellfish thoroughly before eating
- Wash raw vegetables before eating
- Dispose of sewage in a sanitary manner
- Food handlers with symptoms of Norovirus should not prepare or touch food
- Health care workers should stay home if they have symptoms of norovirus.

For specific concerns about norovirus, call the New Hampshire Department of Health and Human Services, Bureau of Infectious Disease Control at 603-271-4496 or 800-852-3345 x4496. For further information, refer to the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov) or the NH Department of Health and Human Services website at [www.dhhs.nh.gov](http://www.dhhs.nh.gov) .