



NOROVIRUS

Norovirus is a very contagious virus that causes vomiting and diarrhea

It is the most common cause of foodborne illness in the United States.



How does Norovirus affect the body?

12-24 hours after exposure to norovirus, a person can develop inflammation of the stomach or intestines (acute gastroenteritis). This can lead to severe gastrointestinal symptoms and immune system response.

How is Norovirus transmitted?

- Direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces and then putting unwashed hands in mouth

Prevent Norovirus by **washing your hands** thoroughly with soap and water:

- after using the bathroom
- before eating and when handling food
- before touching your face or mouth

How is it treated?

There is no specific medication to treat norovirus. Drink plenty of water to rehydrate and replace fluid lost from vomiting and diarrhea.

Call UHS if you experience signs of severe dehydration:

- decreased urination
- dry mouth and throat
- feeling dizzy when standing up

Most people with norovirus improve in 1-3 days.

Check out the latest updates and more details from **the CDC**:

