

PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN
HEALTH DIVISION

Department of Health & Human Services

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Noroviruses

What are Noroviruses?

Noroviruses are a group of viruses that cause the “stomach flu” or gastroenteritis in people.

What are the symptoms?

The symptoms usually include nausea, vomiting, diarrhea and some stomach cramping. Sometimes people also have a low-grade fever, chills, headache, muscle aches and a general sense of tiredness.

How are Noroviruses spread?

The most common way the viruses are spread is from person to person, by hands contaminated with feces and vomit. Outbreaks may be due to water or food contaminated with feces or vomit. Noroviruses may also be spread by touching surfaces or objects contaminated with the virus.

How long after exposure do symptoms begin?

Symptoms may appear from 10 – 50 hours after exposure.

How long can a person be contagious with Noroviruses?

Most people are contagious from the moment they begin feeling ill to at least 3 days after symptoms stop. Some people may be contagious for as long as 2 weeks after symptoms stop.

Is there treatment for Noroviruses?

There is no specific treatment for Norovirus infection. People ill with Norovirus who have diarrhea and are vomiting should drink plenty of fluids to prevent dehydration.

How can Noroviruses be prevented?

Proper sanitation and good hygiene are key to preventing Noroviruses. Wash your hands thoroughly with soap and warm water before eating/preparing food and after using the bathroom or after diapering/toileting a small child. Contaminated surfaces should be thoroughly cleaned and disinfected by using a bleach-based household cleaner. Clothing or linen that may be contaminated with the virus should be washed using hot, soapy water.



OVER

HAND WASHING INSTRUCTIONS:

- use soap and running water
- rub your hands vigorously for 20 seconds
- wash all surfaces, including:
 - backs of hands
 - wrists
 - between fingers
 - under fingernails
- rinse well
- dry hands with a paper towel
- turn off the water using a paper towel instead of bare hands

For more information on Noroviruses, call (248) 858-1406 or toll free 1 (800) 848-5533.

For additional copies, visit our website at www.oakgov.com/health.