

# Norovirus

## What is Norovirus?

Norovirus is a very contagious virus that causes vomiting and diarrhea. People of all ages can get infected and sick.



## What should I know?

Norovirus is found in the stool (poop) and vomit of people who are infected. You can get sick if norovirus germs get into your mouth. This can happen when you:



Have close, personal contact with an infected person.



Eat food or drink water that is contaminated with these germs.

## How do I know if I have it?

If you are sick with these germs, you can have:

- Diarrhea
- Stomach pain
- Vomiting
- Nausea



\*Symptoms typically last 1 - 3 days\*

## How can I prevent it?



Wash hands with soap and water.



Clean up vomit or stool fast.



Don't cook for others while sick.



Clean surfaces, then disinfect with bleach to kill germs.

**\*HAND SANITIZER IS NOT EFFECTIVE AT KILLING THE VIRUS\***



This virus is one of the most common causes of nausea, vomiting, and diarrhea. Some other names for norovirus are "stomach bug" or "food poisoning."