

## What is Norovirus (Noro)?

- Norovirus or Norwalk-like viruses cause vomiting and diarrhea. It has also been called the “stomach flu.”

## What are the symptoms?

People often get sick 24-48 hours after being exposed. Symptoms include:

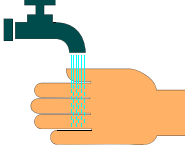
- Nausea
- Vomiting
- Diarrhea
- Stomach Cramps
- Possibly headache, fever, and chills



## How is Noro spread?

- By eating food or drinking liquids that have Norovirus in them.
- By touching things that have Noro on them, and then placing the unwashed hand into the mouth.
- By being around another person who has Noro.
- By not washing your hands before fixing food, eating food or feeding others.

## How can Noro be prevented?

- By washing hands often, especially after going to the bathroom, as well as before and after caring for an ill person, and before handling food. 
- By staying home from school, daycare, or work while ill.
- By proper food storage and preparation.
- By prompt washing of soiled linens and clothing.
- By carefully washing fruits and vegetables, and steaming oysters before eating them.



## Clean and Disinfect Contaminated Surfaces!

You can use **one-half cup** of 6% bleach in **1-gallon** cool or lukewarm water (made fresh daily) to disinfect:

- Bathroom fixtures after use by the sick person.
- Toys and infant furniture after use by the sick child.

## Who can get it?

Anyone who has not been recently infected can get Noro, but the young and elderly are at greater risk of becoming very ill and possibly dying.

## How is Noro treated?

There is no medicine for Norovirus, but those ill with it need to be watched for dehydration. People do not build good defenses against Noro, so it is possible to get it again if exposed at a later time.

## What else you should know?

- There is no medicine that works against noro and there is no vaccine to prevent infection. Noro cannot be treated with antibiotics. This is because antibiotics work to fight bacteria and not viruses.
- Sometimes people are unable to drink enough liquids to replace the liquids they lost because of vomiting and diarrhea. These persons can become dehydrated and may need to call their doctor.

MCHD provides services without regard to race, religion, color, national origin, sex, age, marital status, mental or physical disability, political affiliation or sexual orientation.

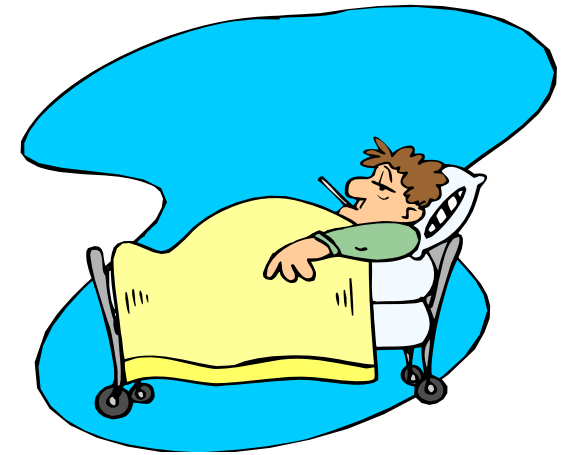
### If you have any questions, call:



Marion County Health Dept  
3180 Center St NE  
Salem, OR 97301

(503) 588-5342  
(503) 588-5400 TDD

# Prevent Norovirus



Updated 4/2008

H:\EPID\_home\Disease Pamphlets\English-Norovirus