

Norovirus Fact Sheet

What are noroviruses? Noroviruses are a group of viruses that cause gastroenteritis in people. The term norovirus is the official name for this group of viruses. Several other names have been used for noroviruses, including: Norwalk-like viruses (NLVs), caliciviruses, and small round structured viruses (SRSV).

What are norovirus infection symptoms? The symptoms of norovirus illness usually include nausea, vomiting, diarrhea, and some stomach cramping. Sometimes people additionally have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness often begins suddenly, and the infected person may feel very sick. In general, children experience more vomiting than adults. Most people with norovirus illness have both diarrhea and vomiting.

How long does the illness last? The illness is usually brief, with symptoms lasting only about 1 or 2 days.

How do people become infected with noroviruses? Noroviruses are found in the stool or vomit of infected people. People can become infected with the virus in several ways, including:

- eating food or drinking liquids that are contaminated with norovirus
- touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth
- having direct contact with another person who is infected and showing symptoms (for example, when caring for someone with illness, or sharing foods or eating utensils with someone who is ill)

Persons working in day-care centers or nursing homes should pay special attention to children or residents who have norovirus illness. This virus is very contagious and can spread rapidly throughout such environments.

When do symptoms appear (Incubation period)? Symptoms of norovirus illness usually begin about 24 to 48 hours after ingestion of the virus, but they can appear as early as 12 hours after exposure.

How serious is norovirus infection? Norovirus infection is usually not serious, although people may feel very sick and vomit many times a day. Most people get better within 1 or 2 days, and they have no long-term health effects related to their illness. However, 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 special medical attention.

What treatment is available for people with norovirus infection? Currently, there is no antiviral medication and there is no vaccine to prevent infection. Norovirus infection cannot be treated with antibiotics. This is because antibiotics work to fight bacteria and not viruses.

Norovirus illness is usually brief in healthy individuals. When people are ill with vomiting and diarrhea, they should drink plenty of fluids to prevent dehydration. Dehydration among young children, the elderly and the sick, can be common, and it is the most serious health effect that can result from norovirus infection. By drinking oral rehydration fluids (ORF), juice, or water, people can reduce their chance of becoming dehydrated. Sports drinks do not replace the nutrients and minerals lost during this illness.

Are noroviruses contagious? Yes, noroviruses are very contagious and can spread easily from person to person. Both stool and vomit are infectious. Particular care should be taken with young children in diapers who may have diarrhea.

How long are people contagious? People infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, it is particularly important for people to use good handwashing and other hygienic practices after they have recently recovered from norovirus illness.

Who gets noroviruses? Anyone can become infected with these viruses. There are many different strains of norovirus, which makes it difficult for a person's body to develop long-lasting immunity. Therefore, norovirus illness can recur throughout a person's lifetime. In addition, because of differences in genetic factors, some people are more likely to become infected and develop more severe illness than others.

Can norovirus infections be prevented? Yes, you can decrease your chance of coming in contact with noroviruses by following these steps:

- Frequently wash your hands (vigorously, with soap and warm water), especially after toilet visits and changing diapers and before eating or preparing food.
- Carefully wash fruits and vegetables, and thoroughly cook shellfish (the virus is killed above 60°C /140°F, freezing does not kill it)
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).
- Flush or discard any vomit and/or stool in the toilet (with the lid down) and make sure that the surrounding area is kept clean.
- Persons who are infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover from their illness.
- Food that may have been contaminated by an ill person should be disposed of properly.