

Norovirus Overview

Outline

Overview

How it Spreads

Symptoms

Prevention

Treatment

Overview

- Norovirus is a very contagious virus that causes vomiting and diarrhea.
- Anyone can get infected and sick with norovirus.
- Sometimes called the “stomach flu” or “stomach bug”.
- Seasonality - winter - typically November to April.

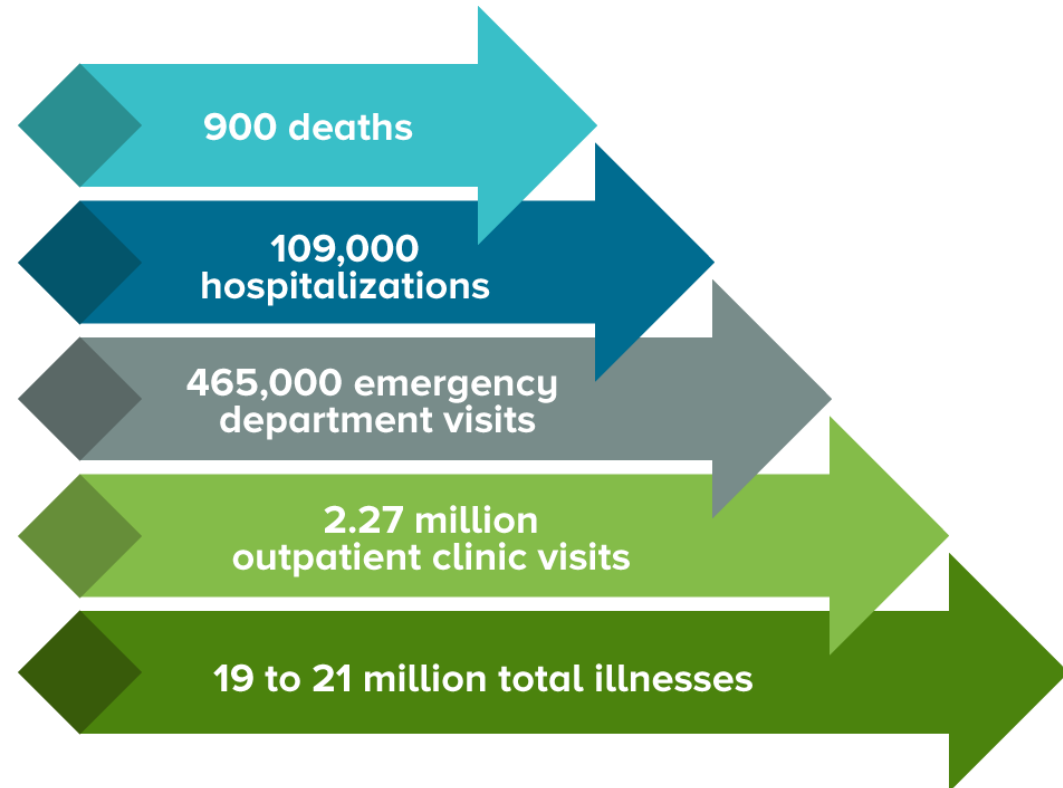


Figure: Burden of Norovirus in the United States. Estimates of the annual number of illnesses and associated outcomes for norovirus disease in the U.S., across all age groups.

How Noro Spreads - Contaminated Food

- A person with norovirus touches food with their bare hands.
- Food is placed on a counter or surface that has poop or vomit particles on it.
- Tiny drops of vomit from a person with norovirus spray through the air and land on the food.
- Food is grown with contaminated water, such as oysters, or fruit and vegetables are watered with contaminated water in the field.





How Noro Spreads - Contaminated Water

Recreational or drinking water can get contaminated with norovirus:

- At the source such as when a septic tank leaks into a well.
- When a person with norovirus vomits or poops in the water.
- When water isn't treated properly, such as with not enough chlorine.



How Noro Spreads - Sick People/Surfaces

- A person with norovirus touches surfaces with their bare hands.
- Food, water, or objects that are contaminated with norovirus are placed on surfaces.
- Tiny drops of vomit from a person with norovirus spray through the air, landing on surfaces or entering another person's mouth.
- A person with norovirus has diarrhea that splatters onto surfaces.

Symptoms

Common symptoms:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Other symptoms:

- Fever
- Headache
- Body aches



Symptoms

- A person usually develops symptoms 12 to 48 hours after being exposed to norovirus.
- Most people with norovirus illness get better within 1 to 3 days, but they can still spread the virus for a few days after.
- Someone with noro can feel extremely ill, and vomit or have diarrhea many times a day.
 - This can lead to dehydration, especially in young children, older adults, and people with other illnesses.
 - Children who are dehydrated may cry with few or no tears and be unusually sleepy or fussy.



Prevention - Handwashing

- Hand sanitizer does not work well against norovirus. Wash your hands often with soap and water for at least 20 seconds, especially:
 - After using the toilet or changing diapers.
 - Before eating, preparing, or handling food.
 - Before giving yourself or someone else medicine.
- If you had norovirus, continue washing your hands often after you feel better.
- Norovirus can be found in vomit or feces prior to symptoms and can linger and spread for two weeks after the illness resolves.

Prevention - Safe Food Handling

Do not prepare and handle food or care for others when you are sick

Before preparing and eating food:

- Wash fruits and vegetables well.
- Cook oysters and other shellfish thoroughly to an internal temperature of at least 145°F.
- Routinely clean and sanitize kitchen utensils, counters, and surfaces.

Be aware that:

- Noroviruses are relatively resistant to heat and can survive temperatures as high as 145°F.
- Quick steaming processes may not heat foods enough to kill noroviruses.
- Food that might be contaminated with norovirus should be thrown out.

Clean and Disinfect Surfaces

Clean and disinfect surfaces

Wear rubber or disposable gloves and wipe the entire area with paper towels and throw them in a plastic trash bag.

Disinfect the area as directed on the product label.

Leave the bleach disinfectant on the affected area for at least 5 minutes

Clean the entire area again with soap and hot water.

Wash laundry, take out the trash, and wash your hands.

Wash laundry well

Immediately remove and wash clothes or linens that may have vomit or poop on them.

Wear rubber or disposable gloves.

Handle items carefully without shaking them.

Wash the items with detergent and hot water at the maximum available cycle length and then machine dry them at the highest heat setting.

Wash your hands after with soap and water.



Treatment

- Drink plenty of fluids to help prevent dehydration.
- If someone can't drink enough fluids to rehydrate, they may need to receive IV fluids.
- Your provider may recommend anti-diarrheal or nausea medication.
- Practice self-care:
 - Rest
 - Avoid caffeine and alcohol
 - Eat small bland meals such as such as soda crackers, toast, gelatin, bananas, applesauce, rice and chicken.
 - Avoid contact with others as much as possible until several days after recovery.