

Norovirus (Viral Gastroenteritis)



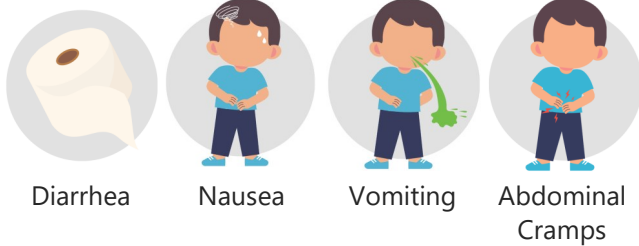
Infectious Disease
Epidemiology &
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What is norovirus?

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Noroviruses (Nor-O-virus-es) are a group of viruses that can cause vomiting and diarrhea. It is spread very easily from person to person. Norovirus is the most common cause of vomiting and diarrhea, and foodborne illness in Indiana. Norovirus infection is also called viral gastroenteritis, food poisoning, and stomach bug/flu.

What are the symptoms?



How long do symptoms last?

- Symptoms usually begin 24 to 48 hours after ingestion of the virus
- They can appear as early as 12 hours after exposure
- Usually last for one or two days, however people can feel very ill and vomit during this period

How is norovirus diagnosed?

Norovirus can be diagnosed by testing the stool of an infected person, ideally within 48 to 72 hours after symptoms start. Talk to your health care provider about testing or contact your local health department if you believe your illness is associated with an outbreak.

How is norovirus treated?

There is no specific medicine to treat people with norovirus infection. For treatment it is important to drink plenty of fluids so you don't become dehydrated and wash your hands often. Do not prepare foods for others while sick.

How can it be prevented?

- 1 Wash your hands with warm, soapy water, especially after using the bathroom, changing diapers, and preparing food.
- 2 Do not handle, prepare, or cook food for others while you have symptoms or at least three days after recovery.
- 3 Clean and disinfect surfaces immediately after vomiting or diarrheal accidents.
- 4 Carefully wash fruits and vegetables before preparing and eating them.
- 5 Stay home from work and keep children home from daycare and school.

How does it spread?

Accidentally getting tiny traces of feces (poop) or vomit from an infected person in your mouth. This can happen if you:



Have direct contact with a sick person.



Touch contaminated surfaces then put your unwashed hands in your mouth.



Consume contaminated food or water.

For more information, visit the
Indiana Department of Health
[norovirus webpage](#).

