

LET'S TALK ABOUT

NOROVIRUS

WHAT IS NOROVIRUS?

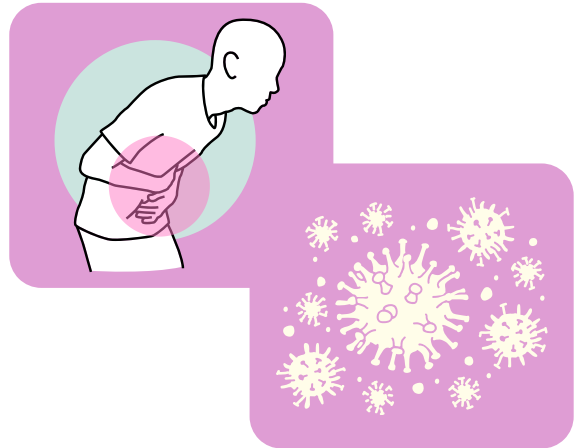
A Germ That Causes Food Poisoning

Noroviruses are a group of viruses that **cause diarrhea, vomiting, and stomach pain**. You may also know noroviruses as **viral gastroenteritis, stomach flu, or food poisoning**. It is not related to the flu (influenza), which usually causes respiratory illness.

HOW IT SPREADS

You can get infected by **accidentally ingesting tiny particles of feces or vomit** from an infected person by:

- **Putting your fingers in your mouth** after touching surfaces contaminated by norovirus.
- Consuming **food or drinks contaminated** by norovirus.
- Having **direct contact** with someone who is infected with norovirus.



PREVENTION AND TREATMENT

If you have norovirus, **drink plenty of liquids** to prevent dehydration.

You can **protect yourself and others from norovirus** by following these simple tips:

- Practice **proper hand hygiene**.
- **Handle and prepare** food safely.
- **Do not cook for others** if you are sick.
- **Clean & disinfect** surfaces.
- **Wash** laundry thoroughly.

SYMPTOMS

Symptoms develop 12-48 hours after being exposed to norovirus. Illness **gets better within 1-3 days** for most people.

Symptoms include:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain
- Fever
- Headache
- Body aches