

# Norovirus Essentials

INFECTION  
PREVENTION  
RAPID RESOURCES

Norovirus is a stomach bug (virus) that can very easily spread from person to person.



## SYMPTOMS OF NOROVIRUS



Nausea, vomiting, diarrhea, & stomach cramping. Can also include fever, chills, headache, muscle aches, and tiredness.

## HOW DOES NOROVIRUS SPREAD?



**Touching your mouth after touching norovirus particles on surfaces like a door, counter, etc.**



**Eating food or drinks that have norovirus particles on them**



**Direct contact or sharing food utensils with a person sick from norovirus**



Scan the QR code for more on norovirus spread and symptoms

## PREVENT NOROVIRUS



Wash hands before preparing or eating food



Rinse fruits & veggies before eating



Avoid eating undercooked (<140°F) shellfish



Stay home from school or work when you are sick



Use a surface cleaner that can kill norovirus particles



Wash hands with soap & warm water after changing diapers, cleaning up vomit/poop, & using the bathroom

## WHO IS AT MOST RISK?

Each year there are 19-21 million norovirus cases in the U.S\*.

Anyone can get sick from norovirus but some people are more likely to get very sick from norovirus infections, including\*:

- Ages under 5 and over 65 years
- People with chronic health problems
- People with immune system problems

