

NOROVIRUS



Fact Sheet

Norovirus (stomach flu) spreads easily from person-to-person. Norovirus is found in stool and vomit. A person can get sick when the virus gets into his/her mouth. This usually happens by eating food or drinking liquids contaminated with norovirus, touching contaminated surfaces, or having contact with someone who is infected with norovirus.

SYMPTOMS:

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

You can feel extremely ill and throw up or have diarrhea many times a day, lasting 1-2 days. This can cause dehydration, especially in young children. If they become dehydrated, children may cry with few or no tears, urinate less and be unusually sleepy or fussy.

See your health care provider for symptoms that are severe or do not get better.

If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.

HOW TO PREVENT

GETTING AND SPREADING NOROVIRUS:

Preventive measures are important in minimizing spread of norovirus in schools:

- The single best way to prevent getting norovirus is to **practice proper hand washing**. (Alcohol sanitizer is NOT a replacement for washing hands.)
- Clean and disinfect frequently touched surfaces.
- Avoid touching your mouth.
- Stay home from work, daycare or school when sick to avoid exposing others.

There is no vaccine to prevent Norovirus.

Anyone can be infected with norovirus and get sick. Norovirus illness can be serious, especially for young children and older adults. If you have norovirus illness, you should drink plenty of liquids to help prevent dehydration.

Protect Yourself from Norovirus!

- Wash your hands often
- Wash fruits & vegetables
- Cook shellfish thoroughly
- Clean surfaces & wash laundry
- When you're sick, don't prepare food or care for others

www.cdc.gov/Norovirus