

WHAT IS NOROVIRUS ?

According to Mayo Clinic Norovirus infection can cause the sudden onset of severe vomiting and diarrhea. The virus is highly contagious and commonly spread through food or water that is contaminated by fecal matter during preparation. You can also be infected through close contact with an infected person.



SYMPTOMS:

Appear between **24** and **48** hours and can last 1-3 days

- **Nausea**
- **Vomiting**
- **Abdominal Pain or Cramps**
- **Watery or Loose Diarrhea**
- **Malaise**
- **Low-grade Fever**
- **Muscle Pain**



WHO IS MOST LIKELY TO GET NOROVIRUS?

- Everyone is susceptible to Norovirus
- Most common in infants, older adults and people with underlying disease

Most associated with human contamination/sick workers



CAUSES OF NOROVIRUS:

- Eating food that is contaminated
- Drinking water that is contaminated
- Touching your hand to your mouth after being in contact with a contaminated surface
- Being in close contact with someone who has norovirus



HOW TO PREVENT NOROVIRUS?

- Wash hands thoroughly
- Avoid contaminated food and water
- Wash fruits and vegetables before eating/cooking
- Cook food to appropriate temperatures
- Dispose of vomit and fecal matter carefully
- Disinfect virus-contaminated areas

REFERENCES

<http://www.mayoclinic.org/diseases-conditions/norovirus/basics/definition/con-20029968>