

# Health Alert:

## Norovirus



### **Norovirus, commonly known as “the stomach flu,” is a highly contagious virus.**

It can be found in the stool or vomit of an infected person and can spread through close contact with an infected person, contact with a contaminated surface or object or consumption of contaminated food or drinks. Symptoms can appear as early as 12 hours after infection and generally resolve within 1-3 days without medical treatment.

### **Symptoms include:**

- Nausea
- Vomiting
- Diarrhea
- Stomach cramping
- Fatigue
- Headache
- Body aches
- Chills

### **Prevention and Treatment**

Wash your hands frequently with soap and warm water, especially after using the toilet and before eating. Use a bleach-containing product to disinfect any areas contaminated with vomit or stool. Wash contaminated linens/clothes in hot water and dry on high heat.

Drink plenty of fluids to prevent dehydration. Do not share food, drinks, or prepare food for at least 48 hours after you feel better. If you share a bathroom or living area, let your building manager know that you are ill with norovirus so extra cleaning is done to prevent spread to others.

### **Contact a medical provider if:**

- You get dehydrated,
- You have an underlying medical condition such as diabetes, pregnancy or asthma,
- Your symptoms worsen significantly or
- Your symptoms have not improved within 3 days