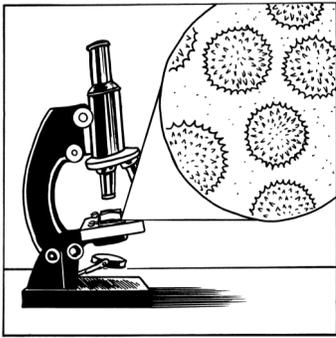
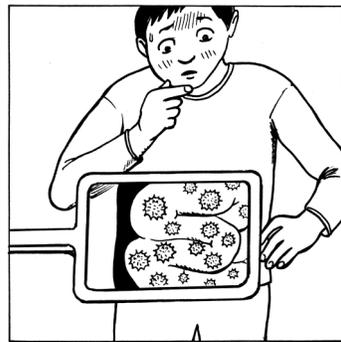


NOROVIRUS



Norovirus is common and very contagious.



Norovirus infects your stomach and intestines. Sometimes people call it a “stomach bug” or “food poisoning.”



Most people who have norovirus may feel very sick for one to three days, and then fully recover.



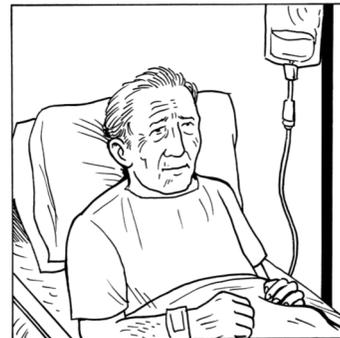
Symptoms often begin suddenly and include nausea, diarrhea, vomiting, and stomach pain.



You might also have fever and chills, headache, and body aches.



If you get sick with norovirus, stay at home, rest, and drink plenty of fluids.

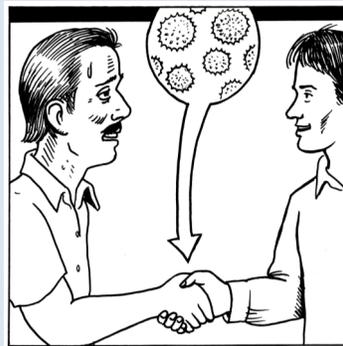


If people who have a virus don't drink enough fluids, they could become dehydrated and may need treatment at a hospital. It's most dangerous for young children and the elderly.

NOROVIRUS SPREADS FROM PEOPLE AND SURFACES



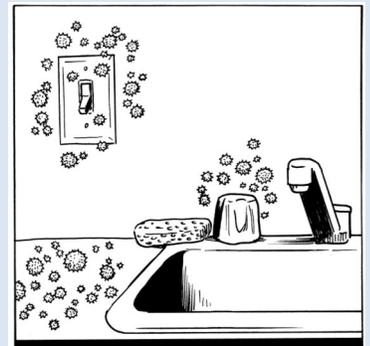
Norovirus leaves the body through the feces and vomit of someone who is infected. It easily spreads, especially when it gets on someone's hands.



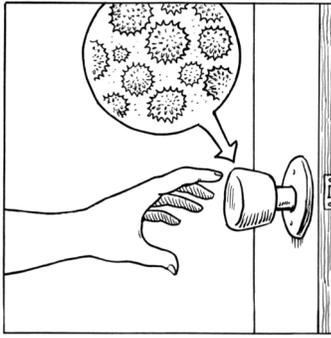
You could get norovirus from personal contact.



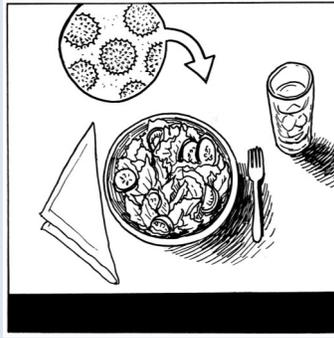
This includes changing diapers.



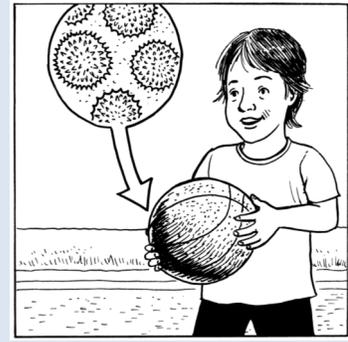
Norovirus can stay on surfaces and objects.



Someone who has norovirus could leave their germs by touching something. If you touch the same object, you can get sick.

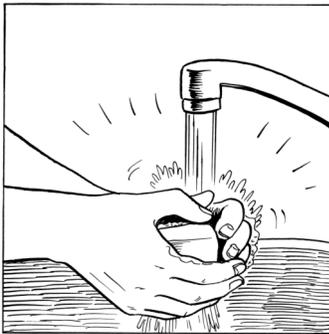


You can also get sick by eating food or drinking liquids that are contaminated with norovirus.



You can infect people with norovirus when you're sick, and even after symptoms go away. Your body may still release the virus after you feel better.

AVOID GETTING AND SPREADING NOROVIRUS



Wash your hands carefully with soap and warm water after using the bathroom, changing diapers, before eating, and before preparing food.



Promptly clean toilets, sinks, and other areas that may be contaminated with soap and water, then disinfect with a solution of 1/3 cup household bleach mixed with one gallon of water.



Remove and wash clothing or linens with hot water and soap immediately if they become contaminated.

If you're sick, stay at home. Wait at least **2 to 3 days after symptoms have ended** before you:



Prepare food for others



Provide healthcare or child care outside the home



Visit anyone outside the home, especially the elderly and babies