



Norovirus

Norovirus is a very contagious virus of the gastrointestinal tract.

What is Norovirus?

Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach, intestines, or both to get inflamed. This leads to stomach pain, nausea, diarrhea, and vomiting. These symptoms can be serious for some people, especially young children and older adults.

What can be done to prevent Norovirus?

- Wash your hands often
- Thoroughly rinse fruits and vegetables
- Cook shellfish thoroughly
- Clean surfaces and wash laundry
- Don't prepare food or care for others if you are sick

Resources:

- CDC <http://www.cdc.gov/norovirus/index.html>