Norovirus Infections

Fact Sheet

Noroviruses are a group of viruses that cause diarrhea and vomiting in people.

Anyone can get sick with norovirus. There are many types of norovirus, which means that you can get sick more than once.

Common Signs and Symptoms

Diarrhea  Nausea, Vomiting, and Stomach Cramping  Low Grade Fever and Chills

Headache  Muscle Aches  Feeling Tired

Norovirus often begins suddenly, with signs and symptoms lasting 1 or 2 days. Children have more vomiting than adults.

Talk to your doctor if you think you have norovirus. There is no vaccine or medicine to prevent or treat norovirus. The virus cannot be treated with antibiotics, because antibiotics work to fight bacteria and not viruses.
Preventing Norovirus

Wash your hands with soap and water
Clean and disinfect surfaces
Do not prepare food for others if you have norovirus and for 2-3 days after symptoms end

Wash fruits and vegetables
Wash contaminated laundry
Cook shellfish thoroughly

Norovirus is very contagious and is found in the stool or vomit of sick people. The virus spreads when eating food, drinking liquids, or touching surfaces that are contaminated. You can also get norovirus if you were in close contact with another person who is sick. Make sure to wash your hands after toileting, changing diapers, touching animals, and before and after preparing food. Sick persons can spread norovirus for up to two weeks after symptoms end. People with norovirus should stay home when they have symptoms.

Common Settings for Norovirus

Restaurants
Nursing Homes
Schools and Daycares
Cruise Ships

Norovirus outbreaks are common in these settings and can spread quickly.

For More Information, Visit:

1. www.maine.gov/dhhs/norovirus
2. www.cdc.gov/norovirus
3. www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants

You can also call Maine CDC at 1-800-821-5821.

Updated September 2018

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