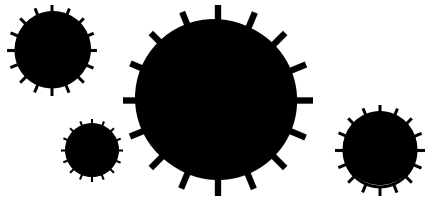




Norovirus Infections

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



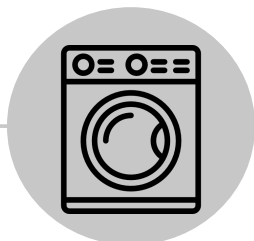
Clean and disinfect surfaces



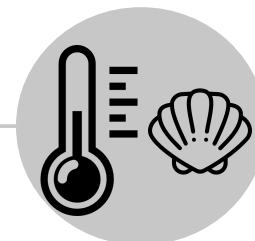
Do not prepare food for others if you have norovirus and for 2-3 days after symptoms end



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



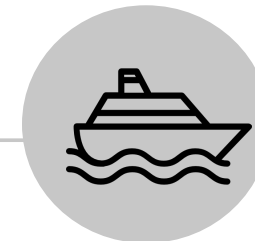
Restaurants



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.