



## **NOROVIRUS**



Noroviruses are sometimes called food poisoning, because they can be transmitted through food that's been contaminated with the virus. They aren't always the result of food contamination, though. Noroviruses are also sometimes called the stomach flu, although they aren't the influenza virus.

**The best way to help prevent norovirus is to practice proper hand washing and general cleanliness.**

Norovirus causes inflammation of the stomach or intestines or both. This is called acute gastroenteritis. **The most common symptoms—diarrhea, throwing up, nausea, stomach pain**

Other symptoms— **fever, headache, body aches**

If you have norovirus illness, you can feel extremely ill and throw up or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses. Symptoms of dehydration— decrease in urination, dry mouth and throat, feeling dizzy when standing up. If you think you or someone you are caring for is severely dehydrated, call the doctor.

There is no specific medicine to treat people with norovirus illness. Norovirus infection cannot be treated with antibiotics because it is a viral (not a bacterial) infection.

Most people with norovirus illness get better within 1 to 3 days.

### **When to exclude from school:**

Children should remain home if they have a fever, they should remain home until they are **fever free for 24 hours *without fever reducing medication.***

Children should remain home for **24 hours after vomiting or diarrhea has stopped.**

