

NOROVIRUS INFECTION (CALICIVIRUS) –FACT SHEET

What is Norovirus infection?

Noroviruses are a group of viruses that cause gastroenteritis in people. This type of disease often occurs in outbreaks.

How can you be exposed to Norovirus infection?

Anyone can become infected. Noroviruses are spread by being exposed to the stool or vomit of an infected person or by swallowing contaminated food and water. However, some medical reports suggest that the virus can be spread through the air during vomiting.

What are the symptoms of Norovirus infection?

Symptoms of Norovirus infection include:

- nausea
- vomiting
- stomach cramps
- diarrhea
- low-grade fever and headache may also occur

Dehydration can occur quickly and is a serious complication especially among young children and the elderly.

How soon after exposure do symptoms appear?

Most people will begin to have symptoms within one to two days, but some people become ill as early as 10 hours or as late as 3 days.

What is the treatment for Norovirus infection?

There is no specific treatment for the Norovirus infection. Infected people generally recover in 1 to 2 days. Persons who become dehydrated will need to be given liquids by mouth or they may need to be hospitalized to receive fluids. There is no vaccine available and antibiotics should not be used.

How can Norovirus infection be prevented?

Reduce the risk of infection by:

- washing hands thoroughly after using the restroom and before preparing food
- avoiding drinking untreated water
- cooking shellfish thoroughly before eating

People who have nausea, vomiting or diarrhea should not attend school or work and should not handle food for others while ill.

Where can I get more information?

www.cdc.gov
www.dshs.state.tx.us

Sources:

Centers for Disease Control and Prevention (CDC)
Harris County Public Health & Environmental Health Services