

Norovirus

QUICK FACTS ABOUT NOROVIRUS

- Illness is caused by infection with a virus, "Norovirus," commonly known as the "stomach bug" or "stomach flu."
- Infection is due to consuming contaminated food or water or through direct contact with a sick person or their vomit or stool.
- Symptoms typically include diarrhea and vomiting, and may also include fever, body aches, and stomach cramps.
- Symptoms begin 1-3 days following exposure and generally last 1-3 days.
- The most common viral cause of vomiting, diarrhea, and foodborne illness in Colorado and the US.
- There is no treatment for Norovirus. Supportive care includes staying hydrated to avoid dehydration.



HOW CAN I PROTECT MYSELF AND OTHERS AGAINST NOROVIRUS?

- Always wash your hands after using the bathroom or changing diapers.
- Wash hands with **warm soapy water for a minimum of 20 full seconds** to prevent the spread of Norovirus.
- **Hand sanitizer is NOT effective against Norovirus.**
- Many home cleaning products are also ineffective against Norovirus; check effectiveness using the [EPA's List G](#), or disinfect high touch surfaces with a water/bleach solution that is 1,000-5,000 parts per million or 5-25 tablespoons of bleach per gallon of water.
- If you have Norovirus, do not prepare food or drinks for others until you no longer have diarrhea or vomiting for at least 48 hours.
- Launder soiled items such as bed sheets, towels, and clothing on a high heat setting >140°F with detergent and bleach to effectively kill Norovirus.