

# Norovirus Facts

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## What is Norovirus?

Norovirus is a virus that causes inflammation of the stomach and intestines, which results in diarrhea, vomiting, nausea and stomach cramping.

## Who gets Norovirus?

Everyone — children and adults are all at risk.

### People can become infected with Norovirus by:

- Eating food or drinking liquids that are contaminated with Norovirus;
- Touching surfaces or objects contaminated with Norovirus, and then placing their hand in their mouth; and,
- Having direct contact with another person who is infected and showing symptoms (for example, when caring for someone with an illness, or sharing foods or eating utensils with someone who is ill).

### To help prevent the spread of Norovirus:

- Wash your hands frequently!
- Wash your hands if you are about to consume food or if you are around food. If you cannot wash your hands, use hand sanitizers.
- Wash your hands with soap and water after using the bathroom.
- Denver Public Health recommends using a 10 percent solution of household chlorine bleach (a cup of bleach per nine cups of water) to clean and disinfect more frequently than usual, bathrooms, bathtubs, toilets, and areas of the home commonly touched, such as handrails and doorknobs. Do not mix this bleach solution with other household cleaners.
- Promptly clean and disinfect any area that becomes soiled with feces or vomit with a bleach solution.
- Handle soiled linens and clothing as little as possible. They should be laundered with detergent in hot water for the longest time available and then machine dried.
- If you are sick, stay at home or away from school for a minimum of 2 - 3 days after symptoms (vomiting and diarrhea) have ended. This will protect friends, classmates and co-workers from getting sick.



### Wash your hands the right way:

- Wet your hands and rub together with soap.
- Rub your hands for at least 20 seconds and hum the “Happy Birthday” song twice.
- Rinse your hands and dry using a clean towel.

### When to contact your physician:

- If the illness lasts more than 24 hours.
- If the fever won't go down using ordinary means such as fluids, ibuprofen or Tylenol.
- If frequent stools occur and/or vomiting more than three times a day, dehydration may occur. If fluids aren't tolerated, see a physician.

### To report an outbreak or for further guidance, please contact:

Denver Public Health Epidemiology & Surveillance  
303-602-3614  
After-Hours/Weekend Number 303-602-3700  
[denverhealth.org/dph](http://denverhealth.org/dph)

The Colorado Department of Public Health and Environment  
Disease Control and Environmental Epidemiology Division  
303-692-2700

After-Hours Number, 303-370-9395

Sources: Centers for Disease Control, Denver Public Health

[denverhealth.org](http://denverhealth.org)

