

# NOROVIRUS: THE STOMACH BUG

NOROVIRUS CAUSES VOMITING AND DIARRHEA AND SPREADS VERY EASILY

## SYMPTOMS INCLUDE:



Nausea



Diarrhea



Vomiting



Stomach Cramps

Norovirus Symptoms  
Can Appear as Early  
as 12 Hours After  
Exposure

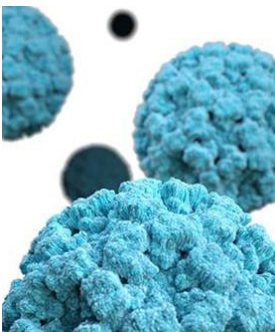
## YOU CAN GET NOROVIRUS BY:

You can get norovirus by accidentally getting tiny particles of feces (poop) or vomit from an infected person in your mouth, through food, close contact with an infected person, or by touching contaminated surfaces and putting unwashed hands in your mouth.



Hand sanitizer does not work well against norovirus. Wash your hands with soap and water for 20 seconds after using toilet or changing diapers and before handling food.

## PROTECT YOURSELF AND OTHERS BY:



Wash your hands thoroughly with soap and water often.



Carefully wash fruits and vegetables before preparing and eating.



Clean and disinfect contaminated surfaces

You should also **stay home from work or school for 48 hours** following episodes of vomiting or diarrhea to prevent the spread of the infection.

If you or a family member are experiencing norovirus symptoms, **drink plenty of fluids** to prevent dehydration.

If you or your child has severe symptoms such as decrease in urination, dry mouth and throat, feeling dizzy when standing up, extreme sleepiness, come in to emergency room right away for treatment.

For more information visit: [grhc.org](http://grhc.org)