

Video: Have You Ever Heard of Norovirus?

[Image: logo for U.S. Department of Health and Human Services, Centers for Disease Control and Prevention]

Have you ever heard of norovirus? You've probably gotten sick from it before.

Some people call norovirus "the stomach bug."

[Image: Sick young boy in a living room who touching his head]

The virus infects your stomach or intestines. It causes stomach cramps, diarrhea, or vomiting.

[Image: Now the sick young boy is in the bathroom holding his stomach and throwing up]

Millions of people get sick with norovirus every year, and thousands end up in the hospital.

[Image: While mother is caring for the sick boy the norovirus virus she gets sick with norovirus]

Norovirus can make you very sick for a few days. You can spread norovirus to other people while you're sick, and even after symptoms go away.

Norovirus spreads *really* fast.

[Image: Mother is now rubbing her stomach and looking sick]

You can get infected with norovirus if you get poop or vomit on your hands then put your fingers in your mouth. This can happen if you shake hands with a person with norovirus, take care of them when they're sick, or handle their soiled laundry.

[Image: A baby touches a bathroom sink that is contaminated with norovirus and then puts his hand in his mouth.]

Norovirus can also stay on surfaces and objects. So if you touch something that has norovirus on it, you can get sick.

[Image: Plate of food and a drink]

Other ways you can get norovirus are eating contaminated food or drinking contaminated water.

You can help protect yourself from norovirus.

[Image: Image of a female doctor with a pointer stick standing beside a white board]

1. Wash your hands with soap and water often, for at least 20 seconds every time, and avoid touching your mouth. It is especially important to wash your hands before handling food, or after using the bathroom or changing a baby's diaper
2. Disinfect surfaces and objects in your home. You can get rid of norovirus on surfaces by wiping them down with a bleach-based cleaner.
3. Wash clothes and linens that might have poop or vomit on them and then machine dry.
4. Rinse fresh fruits and vegetables before you serve them, and cook shellfish, such as oysters, thoroughly.

If you're sick with norovirus, stay home and drink plenty of liquids so you don't get dehydrated. Remember, you can spread norovirus even after your symptoms go away, so avoid taking care of others or preparing food for them until at least 2 days after you start feeling better.

[Image: A young boy with a red balloon walks onto the frame and an elderly woman in a wheel chair appears.]

Staying healthy helps others in your family stay healthy too. That's especially important for young children and elderly people.

[Image: A school yard full of children playing.]

Norovirus is the number one reason young children visit the doctor for diarrhea. Children in daycare or schools are especially at risk for getting sick.

[Image: Elderly woman in wheel chair sitting outside a nursing home.]

Elderly people also have a higher chance of getting norovirus and suffering from complications, particularly those in long-term care facilities, like nursing homes.

You can help, "Put Prevention First and Squash the Stomach Bug"

Prevent norovirus.

For more information, visit <http://www.cdc.gov/norovirus/index.html>

1-800-CDC-INFO

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