

Norovirus Fact Sheet

What is Norovirus?

Norovirus is a very contagious virus that causes vomiting and diarrhea. Anyone can get infected and sick with norovirus. Noroviruses are found in the stool or vomit of infected people.



What are the symptoms?

The most common symptoms of norovirus illness are nausea, vomiting, diarrhea, and stomach cramps. Symptoms can also include low-grade fever, chills, headache, muscle aches, and fatigue.

The illness often begins suddenly, about 24 to 48 hours after exposure, and the infected person may become very sick with frequent vomiting and/or diarrhea which can lead to dehydration. Most people feel better within one or two days, with symptoms resolving on their own.

How is it transmitted?

People can become infected with the virus in several ways, including:

- through direct contact with another person who is infected (for example, caring for or diapering an ill child, sharing food or eating utensils with an ill person)
- touching surfaces or objects contaminated with a norovirus (such as door handles) and
- eating food or drinking water that has been contaminated period.

People infected with a norovirus are contagious from the moment they begin feeling ill to at least three days after recovery. Some people may be contagious for as long as two weeks after recovery. Good hygiene practices, including frequent hand washing, are especially important during this period.

How can norovirus infections be prevented?

Proper hygiene and safe food handling and preparation practices are key to reducing the risk of all food borne illnesses including noroviruses.

- Wash your hands thoroughly with warm water and soap after using the washroom, changing diapers, caring for people who may have norovirus and before preparing food
- Make sure to thoroughly clean any vomit and/or feces with soapy water and disinfect with a bleach solution immediately after illness
- Immediately remove and wash clothing or linens that may be contaminated with the virus



What to do if you have symptoms:

If you think you are infected with a norovirus or any other foodborne or waterborne illness, do not prepare food for other people and contact KAUST Health for further advice.

Taken from: [CDC](https://www.cdc.gov/norovirus/)