

PREVENTING NOROVIRUS

ALSO KNOWN AS THE "STOMACH FLU"

WHAT IS IT?

A very contagious virus that you can get from contaminated food, surfaces, or from contact with sick people.

SYMPTOMS

VOMITING
DIARRHEA
STOMACH PAIN
NAUSEA
DEHYDRATION
HEADACHE

MOST PEOPLE
WITH NOROVIRUS
GET BETTER IN
1-3 DAYS

MOST OUTBREAKS
OCCUR FROM

NOVEMBER
TO
APRIL

19+ MILLION

INFECTIONS PER
YEAR IN THE US



1 IN 40 INFECTED
CHILDREN WILL GO
TO THE ER

STOP THE SPREAD OF NOROVIRUS

1

WASH YOUR HANDS WITH SOAP AND WATER

2

STAY HOME WHEN SICK AND FOR 2 DAYS AFTER SYMPTOMS STOP

3

AVOID PREPARING FOOD WHILE SICK AND FOR 2 DAYS AFTER SYMPTOMS STOP

**IF YOU THINK YOU HAVE NOROVIRUS, CONTACT
YOUR HEALTHCARE PROVIDER**



MORE INFORMATION AT
[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

