

# District Health Department #4

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## Increase in Cases of Norovirus

Due to increase norovirus-like illness within our area, District Health Department No. 4 wants to urge residents to take precautions to stay healthy. Norovirus causes inflammation of the stomach, intestines, or both.

“Norovirus infection is sometimes called ‘stomach flu’ but is not related to influenza or flu which is a respiratory viral illness,” states Dr. Joshua Meyerson, Medical Director for District Health Department No. 4.

Norovirus is easily transmitted through food, by person-to-person contact, or by contaminated surfaces.

Anyone can get norovirus; however, those at higher risk include:

- School children
- Residents of nursing homes and long-term care facilities
- Hospital patients
- Anyone with a challenged immune system.

### How can I prevent the spread of norovirus?

- Wash your hands carefully with soap and water, especially after using the toilet and changing diapers, and always before eating or preparing food. Alcohol-based hand sanitizers do not work against norovirus.
- Minimize your contact with others if you have contracted norovirus. (You remain infected for two to four days after feeling better.)
- Cleanup and sanitize areas and items potentially contaminated by norovirus (e.g., sinks, toilets, door handles, faucets) with a bleach based cleaner.

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Presque Isle County  
106 E. Huron St.  
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Rogers City, MI 49779  
(989) 734-4723  
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- If you are feeling sick, do not prepare food for other people and stay home from work. You should not prepare or serve food for three days after symptoms have stopped.
- Children who have diarrhea or vomiting should not go to daycare or school.

### **What are the symptoms of norovirus?**

The typical symptoms include nausea, vomiting, diarrhea, and stomach cramping. Other symptoms can include headache, fever, chills, and muscle aches.

Symptoms of norovirus usually begin about 24 to 48 hours after ingestion of the virus, but they can appear as early as 12 hours after exposure. Illness usually lasts one to three days.

### **What is the treatment for norovirus?**

There is no medication or vaccine for norovirus. Treatment is making sure you drink enough fluids, such as water or juice or other drinks which do not contain caffeine or alcohol to prevent dehydration. The District Health Department No. 4 recommends contacting your health care provider if dehydration is suspected or symptoms persist or worsen.

### **How do I get more information on norovirus?**

Centers for Disease Control and Prevention Website: <http://www.cdc.gov/norovirus/index.html>

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