



### Diseases Fact Sheet - Norovirus

#### South Dakota Department of Health

#### Office of Disease Prevention Services - 605-773-3737 -(1-800-592-1861 in South Dakota only)

This material is provided for informational purposes only and is not a substitute for medical care. We are not able to answer personal medical questions. Please see your health care provider concerning appropriate care, treatment or other medical advice.

#### What is it?

Norovirus is a very contagious illness that anyone can catch and experience vomiting and diarrhea.

Someone who contracts [norovirus](#) may think they have a stomach bug. Norovirus is a common virus that is not related to the flu and is one of the most common causes of vomiting and diarrhea, alongside foodborne illness.

#### Common Symptoms:

- diarrhea
- nausea
- stomach pain
- vomiting

#### Other Symptoms:

- body aches
- fever
- headache

#### How does norovirus spread?

Norovirus is [highly contagious](#). People can get norovirus through food and water, which is easily contaminated. It's also easily contracted through contact with sick people and contaminated surfaces.

#### What are ways to prevent contracting norovirus?

The best ways to prevent norovirus are by practicing proper hand washing and preparing food safely. If someone has norovirus, cleaning and disinfecting surfaces and wash laundry thoroughly after any incidents is crucial to preventing the spread.



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Those who are sick should not prepare food or care for others.

### **Are there treatment options for norovirus?**

Drink plenty of liquids to replace any liquids lost from vomiting and diarrhea. If someone with norovirus shows signs of severe dehydration, they may need to be hospitalized.