

NOROVIRUS

THE STOMACH FLU

DESCRIPTION

There are lots of viruses and bacteria that can cause stomach problems like vomiting and diarrhea. One particularly nasty one is the extremely common Norovirus. Symptoms last 1-3 days (although you can be contagious days before and at least two days after)

SYMPTOMS

- diarrhea
- vomiting
- nausea
- stomach pain
- (sometimes) fever
- (sometimes) body aches

HOW YOU CATCH IT

- Having direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces and then putting your unwashed hands in your mouth

Treatment:

There is no specific medicine that cures norovirus but some medications may help manage symptoms. Talk to a doctor about which medications may be right for your symptoms.

Primary concern with norovirus is **dehydration** particularly for young children. Drink plenty of fluids such as water, gatorade, or pedialyte. Contact a pediatrician if your child cannot keep down liquids.

SOURCE:

Centers for Disease Control and Prevention. (2021, March 5). Preventing norovirus. Centers for Disease Control and Prevention. <https://www.cdc.gov/norovirus/about/prevention.html>.

Cleaning & disinfecting

HANDS

Soap and water will remove norovirus from your hands if you wash with warm water for 30 seconds. Soap will not remove it from surfaces

SURFACES

In order to kill norovirus on surfaces, you must use a disinfectant that can kill the virus. The EPA has a list, but here are three:

Bleach

1/3 cup bleach per 1 gallon of water OR 2 tablespoons bleach per 1 quart water

- NOT "splashless" or "colorguard" bleach. It must say disinfecting. Check the label
- Bleach must be diluted in cold or room temperature water. Hot and warm water make the disinfecting ingredients in bleach inactive.
- You cannot store the mixture. Mix fresh each time.
- Surfaces must be left wet for at least 10 minutes to disinfect.
- If you use bleach mixture on a food surface it must be washed with soap and water after the 10 minutes.
- NOTE: lysol and clorox wipes do not contain bleach

Clorox wipes

- Clorox Healthcare 35309 Bleach Germicidal Wipes
- Clorox Healthcare Hydrogen Peroxide Cleaner Disinfectant Wipes

Lysol Disinfecting Spray

- NOTE: lysol WIPES do not kill norovirus.

LAUNDRY

You do not need to bleach laundry unless you want to. Although norovirus can survive in heat up to 140 degrees, standard dryers heat up to 150 degrees. Washing laundry immediately after soiling on the longest setting and then drying at the highest heat is sufficient.

DISHES

Handwashed dishes may not get hot enough to kill norovirus. Best to use sanitize setting on the dishwasher or switch to paper plates for a bit.

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Fox, Maggie, and Senior Writer. "Norovirus: Why Washing Your Hands Isn't Enough." NBCNews.com, NBCUniversal News Group, 28 Jan. 2013, www.nbcnews.com/healthmain/norovirus-why-washing-your-hands-isnt-enough-1c8143996.

"How Hot Does a Dryer GET? Enough to Kill Germs And Bacteria?" HomelyVille, 14 Oct. 2020, homelyville.com/how-hot-do-dryers-get/.