

Norovirus



WHAT IS NOROVIRUS?

The most common foodborne illness in the United States—the “Norovirus”—is the cause of an estimated 21 million infections, 70,000 hospitalizations and 800 deaths per year in the U.S. Norovirus is highly contagious and can be transmitted from one infected person to another although the virus is usually contracted by exposure to contaminated food or water.



HOW IS NOROVIRUS CONTRACTED?

Norovirus is most commonly contracted by ingesting contaminated food. Improperly washed or unwashed fruits and vegetables are potential carriers of the virus. In addition, shellfish is a common source of infection because steaming (common in the preparation of shellfish) does not heat the food enough to kill the virus. Norovirus can survive in temperatures up to 140 degrees.



RECOVERY AND LONG-TERM EFFECTS

Symptoms of Norovirus usually last 1-3 days. Among young children, old adults, and hospitalized patients, it can last 4-6 days. Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.



SYMPTOMS

Diarrhea, vomiting, nausea, and stomach pain. Diarrhea tends to be watery and non-bloody. Diarrhea is more common in adults and vomiting is more common in children.



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