

NOROVIRUS

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Norovirus: What You Need to Know

Norovirus is one of the diseases that has popped up recently and found its way onto the World Health Organisation's radar. It's being closely monitored, and while not a global health crisis, it's important to know the facts and prevent the spread of this highly contagious virus.

Norovirus causes acute gastroenteritis – an inflammation of the stomach and intestines. It spreads very easily and can make you feel awful, though symptoms usually pass within a few days.

You may catch norovirus by:

- Eating or drinking contaminated food or drinks.
- Touching contaminated surfaces, then touching your mouth.
- Having close contact with an infected person (like caring for them or sharing food).

Treatment Suggestions

There's no specific cure or vaccine, but managing symptoms is key:

- Keep hydrated – oral rehydration solutions are great, especially for kids.
- Avoid fizzy drinks and undiluted juice.
- Keep breastfeeding if applicable.

- Return to normal food once rehydrated.
- Avoid anti-nausea or anti-diarrhoea meds unless advised by a doctor.

Consider seeing a Dr should the following symptoms persist

Adults: Seek help if you have dehydration (dry mouth, dizziness, low urine), a fever, severe stomach pain, or blood in your stool.

- Children: Watch for dehydration, fever, stomach pain, bloody diarrhoea, or any symptoms in babies under 12 months.

What may help Prevention?

- Stay home from work, school or childcare until at least 48 hours after symptoms stop.
- Don't swim for 24 hours after diarrhoea to avoid contaminating the water.
- Wash hands well after using the toilet, changing nappies or before eating or cooking.
- Clean contaminated surfaces with hot soapy water, followed by disinfectant (bleach).
- Keep bathrooms clean and sanitised.
- Wash soiled clothes and bedding right away.

What are the symptoms?

Symptoms usually come on suddenly within 24–48 hours of exposure and may include:

- Nausea and vomiting (often severe and without warning)
- Diarrhoea
- Stomach cramps
- Headache, low-grade fever, chills, muscle aches, tiredness

Symptoms typically last 1–2 days, but you're still contagious for up to two weeks after recovery. Testing for diagnosis is rarely needed but can be done with a stool (faecal) sample using PCR, mostly during outbreaks.

For more information, please visit: [Norovirus infection - including symptoms, treatment and prevention | SA Health](#)

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Aon Resolution Centre (ARC)

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