

# Norovirus

Known as food poisoning or a stomach bug.

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus.



Diarrhea  
Stomach pain



Nausea  
Vomiting



Fever



Headache  
Body ache

## How it spreads:

- Direct contact with someone with norovirus, such as caring for them, sharing utensils, or eating food they have handled.
- Touching contaminated objects or surfaces and then putting your hands in your mouth.
- Washing your hands with soap and water for 20 seconds helps to kill the norovirus germs.



You are most contagious when you have symptoms of norovirus or during the few days after you feel better. Schedule an appointment if you do not feel well.

For more information visit:  
[cdc.gov/norovirus/about](https://www.cdc.gov/norovirus/about)

