



Norovirus

San Diego County

Department of Environmental Health



Headlines

SeaTrade Panelists Discuss Ways to Deal With Norovirus

by Marilyn Green

HEALTH & SCIENCE

**Norovirus outbreaks at all-time
high nationwide**

**Workers disinfect
virus-laden Disney
cruise ship -- again
(218 Sick)**

**CDC blames cruise illness on
norovirus (over 1500 sick)**

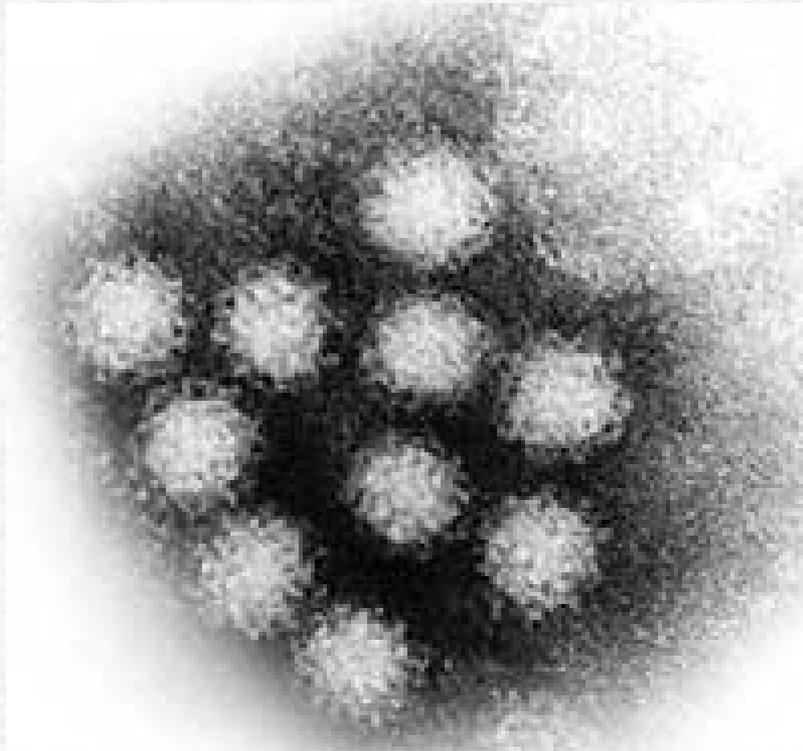
Howard Dicus Pacific Business News

**Norwalk Virus Sickened
Reno Volleyball Players
(dozens of teenage girls sick) 4/03**

Overview

- ☛ What is Norovirus?
- ☛ Transmission
- ☛ Symptoms
- ☛ Treatment
- ☛ Prevention

Norovirus



- Formerly called Norwalk-like Virus
- Highly contagious
- Cause of 50% of all foodborne outbreaks of gastroenteritis
- Able to survive freezing and high temperatures

Transmission

- Fecal-oral route
- Indirect contact with the virus on contaminated surfaces.
- Via contaminated food and water
- Shellfish from sewage contaminated water

Symptoms

Symptoms usually start within 24 to 48 hours after exposure.

- ☛ Vomiting
- ☛ Watery diarrhea
- ☛ Stomach Cramping.
- ☛ Low grade fever occurs in half of cases

Treatment

- ☞ There is no specific treatment.
- ☞ Persons with diarrhea and/or vomiting should drink plenty of liquids to prevent dehydration.
- ☞ Medications, including antibiotics (which have no effect on viruses) and other treatments, should be avoided unless specifically recommended by a physician.

Prevention

- ☛ Wash your hands frequently.
- ☛ Promptly disinfect contaminated surfaces with household chlorine bleach-based cleaners.
- ☛ Wash soiled clothing.
- ☛ Avoid food or water from sources that may be contaminated.
- ☛ Cook shellfish completely to kill the virus.



Prevention

Children in daycare, health care workers, or people who handle food should not go to school or work while they have diarrhea.



Sites for further information

www.cdc.gov

www.fda.gov



Contact Information

Reportable Illness

Health and Human Services Agency
(619) 515-6620

Suspect Food borne Illness

Dept of Environmental Health
(619) 338-2356 or fh dutyeh@sdcounty.ca.gov

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