



How to help protect your family from norovirus: Suggested talking points

- **Norovirus is [a very contagious infection](#) that causes vomiting and diarrhea.**
 - Symptoms typically appear 12 to 48 hours after exposure. Additional symptoms may include stomach pain, body aches, headaches, and a fever.
 - Norovirus may cause dehydration, or a dangerous loss of fluids, especially in young children and older adults.
 - See a health care provider if you or someone in your household shows signs of dehydration, which may include decreased urination, dizziness, a dry mouth and throat, sleepiness, and crying without tears.
 - People who are sick with norovirus typically recover within one to three days. See a health care provider if symptoms last longer.
 - After symptoms resolve, people who are infected with norovirus may still be contagious for up to two days.
- **The best way to help protect against norovirus is to wash your hands often with soap and warm water, since hand sanitizer may not be effective at killing the virus.**
 - You can get norovirus if you have close contact with someone who is infected, touch a contaminated surface and then touch your mouth or nose, or consume contaminated food or beverages.
 - Other ways to help prevent norovirus may include cooking food thoroughly and washing fruits and vegetables before eating them.
 - You can still get sick with norovirus even if you've had it before, since there are many different strains.
 - Unfortunately, there are currently no vaccines that protect against norovirus (although there are [some in development](#)), so that's why good hygiene is so important. However, there *are* vaccines for other diseases that are currently making people sick, like COVID-19, RSV, and the flu. It's not too late to get vaccinated against these viruses.
- **If someone in your household has symptoms of norovirus, isolate them away from others, watch for signs of dehydration, and take steps to help [prevent it from spreading](#).**
 - Wear rubber, latex, or nitrile gloves if you are cleaning up after someone who has norovirus. Then wash your hands thoroughly.
 - Clean surfaces using a solution containing [five to 25 tablespoons of bleach](#) (that's 12.5 fluid ounces, or just over $\frac{3}{4}$ cup), per gallon of water. Leave the bleach-water mix on surfaces for at least five minutes before wiping it off.
 - Wash the clothes and bedding of people who are sick with norovirus in hot water, and keep them separate from other items.
 - If you are sick with norovirus, do not prepare food for others in your household and use a separate bathroom, if possible.



How to help protect your family from norovirus: Frequently asked questions

1. What are the symptoms of norovirus?

Norovirus is [a very contagious infection](#) that causes vomiting and diarrhea, which typically begins 12 to 48 hours after exposure to the virus. Additional symptoms may include stomach pain, body aches, headaches, and a fever. Norovirus typically resolves within three days, but people who are infected may still be contagious for up to two days after symptoms resolve.

Norovirus may cause dehydration, or a dangerous loss of fluids, especially in young children and older adults. See a health care provider if you or someone in your household shows signs of dehydration, which may include decreased urination, dizziness, a dry mouth and throat, sleepiness, and crying without tears.

2. How can you help protect against norovirus?

You can get norovirus if you have close contact with someone who is infected, touch a contaminated surface and then touch your mouth or nose, or consume contaminated food or beverages.

The best way to help protect yourself and others against norovirus is to wash your hands often with soap and warm water, since hand sanitizer [may not be effective](#) at killing the virus. Other ways to help protect against norovirus may include cooking food thoroughly and washing fruits and vegetables before eating them.

You can still get sick with norovirus even if you've had it before, since there are many different strains.

3. How can families help protect against the spread of norovirus at home?

If someone in your household has symptoms of norovirus, isolate them away from others and watch for signs of dehydration. If you are sick with norovirus, do not prepare food for others in your household and use a separate bathroom, if possible.

When [cleaning up after someone](#) who has norovirus, wear rubber, latex, or nitrile gloves. Then wash your hands thoroughly.

Clean surfaces using a solution containing [five to 25 tablespoons of bleach](#) (that's 12.5 fluid ounces, or just over $\frac{3}{4}$ cup), per gallon of water. Leave the bleach-water mix on surfaces for at least five minutes before wiping it off.