



Noroviruses are a group of viruses that cause the “stomach flu,” or gastroenteritis (GAS-tro-en-ter-i-tis), in people. The term norovirus was recently approved as the official name for this group of viruses. Several other names have been used for noroviruses, including:

- Norwalk-like viruses (NLVs)
- Caliciviruses (because they belong to the virus family Caliciviridae)
- Small round structured viruses

Viruses are very different from bacteria and parasites, some of which can cause illnesses similar to norovirus infection. Like all viral infections, noroviruses are not affected by treatment with antibiotics, and cannot grow outside of a person’s body.

Symptoms

- nausea*
- vomiting*
- diarrhea*
- stomach cramping*

May also include:

- low-grade fever*
- chills*
- headache*
- muscle aches*
- tiredness*

Illness comes on rapidly and tends to be self limiting to 1 to 2 full days. The illness, if severe enough, may not allow you to take in enough liquids to make up for the loss due to vomiting or diarrhea. This may cause severe dehydration. Dehydration is usually only seen among the very young, the elderly, and persons with weakened immune systems.

Norovirus is very contagious and can spread easily from infected people to non infected people from onset of illness up to 3 days after symptoms dissipate.

For more information please visit the Centers for Disease Control and Prevention norovirus page:
<http://www.cdc.gov/ncidod/dvrd/revb/gastro/norovirus.htm>

From the Centers for Disease Control and Prevention.



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