



# Norovirus

Norovirus infects humans and causes gastrointestinal inflammation.

Humans are the only carriers of the virus.



## Modes of Transmission

- Incubation period: 24–48 hours
- Still contagious within 2 weeks after symptoms subside

- Consuming contaminated food and water
- Touching contaminated surfaces and then touching the nose, mouth, or eyes
- Inhaling airborne particles from an infected person's vomit or feces

## Prevention Methods

- Maintain good hygiene by washing hands properly with soap or handwash.
- Wash fruits and vegetables thoroughly; avoid raw food, especially shellfish and seafood.
- Avoid contact with infected individuals and contaminated objects.
- Ensure proper disinfection in public areas and wear a mask.

## Clinical Symptoms

Duration: 1–10 days

- Nausea, vomiting, diarrhea, abdominal cramps
- Fever, chills, fatigue, headache, and muscle aches

**Special Reminder: Alcohol-based hand sanitizers are not effective in preventing norovirus!**

