

Norovirus: Don't let yourself get sick

Noroviruses are a group of viruses that are very contagious. They can cause diarrhea and can make you throw up. Norovirus spreads very easily, and it can be tough to control. Health experts say it is important to protect yourself, especially in the pool, where norovirus can lurk. Here are some things you should know about norovirus, so you can stay healthy.



Photo above by Ruslan Dashinsky; photo below by Vstock, courtesy iStockphoto

Quick facts on norovirus:

1 Norovirus can spread through food, water and surfaces. It can also spread from person to person if someone has fecal matter on her or his hands. Hand-washing is an important step to stop its spread.



2 You can help avoid norovirus by washing fruits and vegetables very well before eating them. Cook shellfish completely to avoid its spread as well.

3 When cleaning, use a chlorine bleach mix to disinfect surfaces that may have the virus on them. If you are doing laundry, wear disposable gloves to protect yourself from bodily fluids that you might come in contact with.

4 To protect yourself from norovirus when swimming, shower before you take a dip. Do not swallow lake or pool water, and do not swim if you have been sick recently.

5 Young children have the greatest risk of contracting norovirus. Seniors ages 65 and older are at a higher risk of death from norovirus complications. Protect those at greatest risk.



>> For more information on norovirus, visit www.cdc.gov/norovirus