

The STOMACH FLU or NOROVIRUS

The latest “SUPERBUG” spreading across New Jersey is the Norovirus or Stomach Flu. It is very CONTAGIOUS!

Symptoms include:

- Nausea/Vomiting
- Abdominal cramping
- Diarrhea
- Low grade fever, chills, headache, muscle aches and fatigue

You can get the virus by:

- Direct contact with an infected individual
- Eating (Viral)contaminated foods and water
- Touching contaminated surfaces

There is NO VACCINE or MEDICATION to treat the virus. Replacing fluids is critical as vomiting and diarrhea can lead to dehydration.

Steps to avoid the spread of Norovirus include:

- Proper hand washing with soap and water
- Thoroughly wash fruits and veggies before use
- Do not prepare foods for others if you are ill
- Clean and disinfect commonly used objects
- Immediately wash contaminated clothing and bed linens
- Avoid contact with sick individuals

Most individuals recover in 24 to 48 hours. See your health care provider if symptoms continue or worsen.

Questions contact Health Services@ ext 2756 or visit www.CDC.gov/norovirus