



Fond du Lac County Health Department

City/County Government Center

160 S. Macy St., Fond du Lac, WI 54935

Phone: 920-929-3085 | Fax: 920-929-3102 | www.fdlco.wi.gov



Public Health
Prevent. Promote. Protect.

Fond du Lac County
Health Department

Norovirus – a virus that causes vomiting, diarrhea, and abdominal cramping. It is incorrectly referred to as the “stomach flu”; however norovirus illness is not related to the flu (influenza), which causes respiratory symptoms. Norovirus is a GASTROINTESTINAL illness that causes inflammation of the stomach or intestines.

Who can catch this?

Anyone can get infected and sick with norovirus and people of all ages will get infected during outbreaks. Children younger than 5 years old, older adults and people with weakened immune systems are more likely to develop severe infections.

How did I get Norovirus?

It is VERY contagious and spreads when tiny particles of infected feces or vomit accidentally get into your mouth or nose. You can get norovirus more than once in your life because there are many different types of noroviruses.

Ugh. How long will symptoms last?

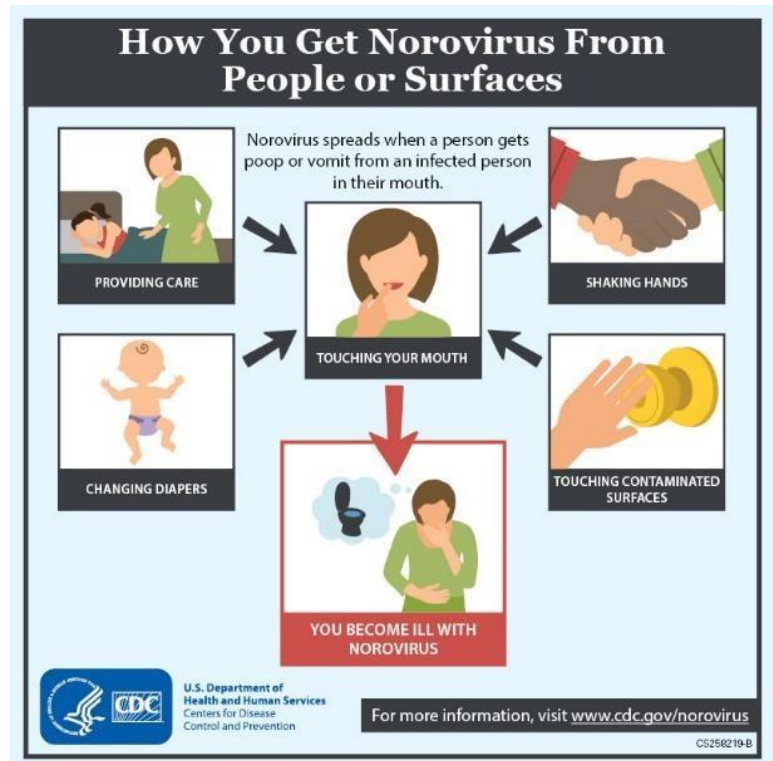
A person usually develops symptoms 12 to 48 hours after being exposed.

- **Most common symptoms:** Diarrhea, vomiting, nausea, stomach pain
- **Other symptoms:** Fever, headache, and body aches
- **See a provider if you have signs of dehydration:** decreased urination, dry mouth and throat, feeling dizzy when standing up, unusual sleepiness

How to prevent the spread:

Norovirus is in your feces and vomit even before you're feeling sick, and it can stay in your feces for 2 weeks or more after you're feeling better. You're most contagious while you're having symptoms and in the few days after you feel better. Wash your hands often with soap and water for at least 20 seconds. Alcohol based hand sanitizers aren't effective against norovirus. For surface cleaning, use 3/4 cup bleach to 1 gallon of water and leave on surface for at least 5 minutes. **IMPORTANT:** Do not prepare, handle food, or care for others when you are sick. Stay home when sick for 2 days (48 hours) after symptoms stop.

Read up on [how to prevent getting sick](#).





Fond du Lac County Health Department

City/County Government Center

160 S. Macy St., Fond du Lac, WI 54935

Phone: 920-929-3085 | Fax: 920-929-3102 | www.fdlco.wi.gov



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**



How to clean and disinfect after someone who has vomiting or diarrhea:

Step 1: Protect Yourself. Put on disposable gloves and a mask.

Step 2: Wipe up vomit and feces with paper towels, and put them in a plastic trash bag.

Step 3: Pour bleach solution (3/4 cup of bleach to 1 gallon of water) on all surfaces that may have vomit or feces on them. Leave the bleach on surfaces for at least 5 minutes.

Step 4: Clean all surfaces again with water and soap.

Step 5: Remove your disposable gloves, throw them away and take out the trash.

Step 6: Remove and wash all laundry with hot water and soap. Wash your hands with soap and water.

<https://www.youtube.com/watch?v=TakH4jakLYA>

Is there a test?

Whole stool is the preferred specimen for laboratory diagnosis of norovirus. A stool test is not usually necessary to diagnose, as a doctor can often determine if you have it based on your symptoms alone. However, a doctor may recommend a stool test if you have a weakened immune system or another underlying medical issue.

Is norovirus going around right now?

We don't have a crystal ball to predict what this winter will be like, but [the CDC states](#) that "the total number of outbreaks reported during the 2024-2025 season year is above the range reported during the same period during the 2012-2020 and 2021-2024 seasonal years."