

# NAVAJO DEPARTMENT OF HEALTH

## Norovirus Health Advisory Notice

Norovirus is a significant health concern affecting our communities. In our ongoing commitment to public safety, it is crucial to share vital information about this highly contagious virus, including its symptoms and preventive measures. Norovirus can pose a serious health risk, especially for: young children, elderly and those with weakened immune systems.

### What are the symptoms?

- Nausea
- Vomiting
- Diarrhea
- Stomach cramps
- Fever
- Muscle aches
- General tiredness

### How do Norovirus spread?

Norovirus is found in the stool and vomit of infected individuals. Infection can occur by touching contaminated surfaces, direct contact with an infected person, or consuming contaminated food and water.

### When do symptoms typically appear after exposure?

Symptoms typically appear between 1 to 2 days after exposure. It can start as early as half a day or as late as 3 days afterwards.

### Is Norovirus considered contagious?

Yes, Norovirus is highly contagious and spreads easily from person to person.

### For how long a person is infectious with Norovirus?

People are contagious from the onset of symptoms until three days after symptoms have resolved.

### Is there a specific treatment available for Norovirus infection?

There is no specific treatment. It is important to stay hydrated if experiencing diarrhea and vomiting. To prevent infection, practice good hygiene: wash hands with soap and warm water before eating or using the bathroom and disinfect surfaces with a bleach-based cleaner.



**Stay safe and healthy. Protect yourself and Protect Navajo!**



For more information, including helpful prevention tips, call the Navajo Department of Health at (928) 871-6350