



**Weill Cornell Medicine**

# Norovirus: Stay Informed, Stay Healthy



According to the Centers for Disease Control and Prevention, norovirus, or “stomach flu,” causes as many as 21 million illnesses each year, leading to 465,000 emergency department visits and 109,000 hospitalizations.

Learn how to protect yourself and your community from this highly contagious virus.

## Recognize the Symptoms

If you have the stomach flu, expect the following:

### Gastrointestinal issues

Telltale signs include nausea, vomiting, stomach pain and diarrhea.

### Issues beyond your stomach

You may have a fever, headaches or body aches.



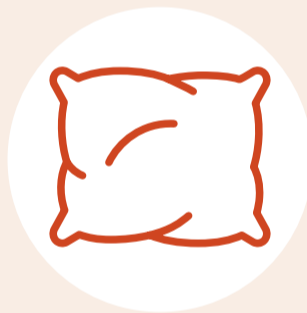
## Recover From the Stomach Bug

Norovirus usually only lasts a few days, and there’s no medication to treat the illness. So, what can you do to feel better?



### Stay hydrated.

Vomiting and diarrhea can lead to dehydration. Drink water and fluids containing electrolytes. Seek medical care for severe dehydration.



### Rest.

Getting plenty of rest is key as your body recovers. Prioritize sleep, and make sure to take it easy.



### Ease back into eating.

As you start to feel better, gradually introduce bland, easily digestible foods, such as rice, bananas and plain crackers.

## Stop the Spread

Protect yourself and others by taking steps to prevent spreading the virus.

### Cleaning

Wash your hands frequently and thoroughly, as hand sanitizer does not work well against norovirus. Also wash any contaminated clothes and linens with hot water and detergent.

### Food safety

Wash fruits and vegetables thoroughly and cook food to proper temperatures. Avoid sharing utensils or food with someone who is sick.

### Isolation

Stay home from school or work if you have symptoms, and avoid close contact with others until you are symptom-free for at least 48 hours.



**Want to make sure your symptoms don’t indicate something more serious than norovirus?  
Visit [weillcornell.org/doctors](http://weillcornell.org/doctors) to find a doctor who’s ready to help.**



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