

# March Newsletter

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## Norovirus

Norovirus is a highly contagious virus that causes gastroenteritis. It is often referred to as the "stomach flu" and can cause symptoms such as vomiting, diarrhea, stomach cramps, and nausea.

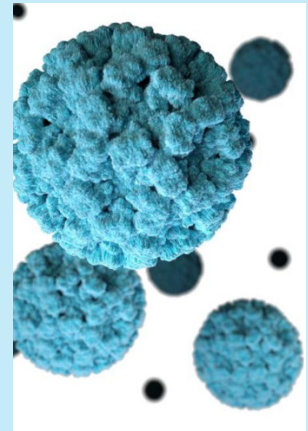
Norovirus is a member of the Caliciviridae family and is spread by the fecal-oral route but can also be spread by airborne droplets of vomitus containing viral particles, fomite contamination, or consumption of contaminated food or water. Unlike other viruses, norovirus requires only a very small exposure (<100 viral particles) to transmit the disease. The incubation period of norovirus is 24 to 48 hours. Anyone who develops symptoms should be evaluated by a healthcare provider.

Norovirus shedding in the stool is most significant during the 48 hours after symptoms appear. In some cases the viral shedding can persist for four weeks after the onset of illness.

The best way to prevent Norovirus infection is by practicing good hygiene. This includes washing your hands thoroughly with soap and water, especially after using the bathroom or changing a diaper, before eating or preparing food, and after touching surfaces that may be contaminated. Additionally, avoid touching your face, mouth, or eyes with unwashed hands, and disinfect surfaces that may be contaminated with the virus.

There is currently no specific treatment for Norovirus infection. Treatment mainly involves managing the symptoms, such as staying hydrated by drinking fluids and electrolyte solutions.

The infection is most concerning in elderly adults and



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in infants less than 12 months old. In severe cases, hospitalization may be necessary to manage dehydration and other complications. Norovirus is a highly contagious virus that can cause significant discomfort and disruption to daily life. Practicing good hygiene is key to preventing the spread of the virus.

### Sources:

UpToDate. Norovirus. In: UpToDate, Post, TW (Ed), UpToDate, Waltham, MA. (Accessed on March 28, 2023.) [https://www.uptodate.com/contents/norovirus?search=norovirus&source=se arch\\_result&selectedTitle=1~52&usage\\_type=default&display\\_rank=1#H978038101](https://www.uptodate.com/contents/norovirus?search=norovirus&source=se arch_result&selectedTitle=1~52&usage_type=default&display_rank=1#H978038101)

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