

Norovirus Health Sheet

What is Norovirus?

Norwalk-like virus (NLV) or noroviruses are groups of germs that cause diarrheal illnesses.

How are Noroviruses spread?

- **Person-to-Person contact:** Shaking hands, touching surfaces or close contact with infected person.
 - **Contaminated food or water:** Food or water that has been exposed to virus.
 - **Shared spaces:** Common areas like bathrooms, kitchens or dorm rooms.
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Preventing Norovirus

- **Handwashing:** Wash frequently with soap and water for at least **20 seconds**, especially after bathroom use. ***Norovirus is not susceptible to alcohol-based hand sanitizers.***
 - **Avoid sharing personal items.**
 - **Clean and Disinfect:** Use products that contain bleach.
 - **Stay Home if Sick:** Call Health Services at 781.768.7290 if feeling ill and stay in your room if symptomatic.
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What do you do if you are sick?

- **Stay Isolated.**
- **Contact Health Services:** Regis Health Services can give you guidance on how to manage symptoms. Contact Health Services at 781.768.7290.
- **If diagnosed with NLV:** Drink fluids, rest and wait 48 hrs. after symptoms have stopped before resuming activities.
- **If a healthcare, daycare or food services employee:** Wait 72 hrs., before resuming activities.
- **Hydrate:** Focus on staying hydrated and consider eating easy to digest foods like crackers or bananas once you are able to.

For additional information view the [Town of Weston public health guidelines](#).