

What is norovirus?

Norovirus is a virus (a type of germ much smaller than bacteria) that causes gastro-intestinal illness. In the past it has been known by many names: Norwalk-like virus, SRSV (small round structured virus), gastric flu, and winter vomiting disease.

What illness results from infection?

The incubation period, which is the time between infection and the start of symptoms, is usually 12 to 24 hours. Symptoms include sudden onset of nausea, vomiting, and watery or watery diarrhea. The illness is usually self-limiting and lasts for 24 to 48 hours. Recovery is usually complete within a few days. The illness is highly contagious and can be spread through person-to-person contact, contaminated food or water, and contact with contaminated surfaces. The illness is most common in winter and is often associated with outbreaks in schools, day care centers, and cruise ships.

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