Norovirus- 6 simple steps to abstain

Description



Norovirus â?? what is it?

Overview

Many viruses cause diarrhea and vomiting, but the most common is norovirus. The original name for Norovirus was the Norwalk virus, after Norwalk, the first place where the virus was first detected in 1972. Acute gastroenteritis around the world is thought to be mostly caused by this virus.

Food or drink that has been contaminated during preparation or surfaces that have been contaminated are easy routes for the spread of this virus. It is also possible to become ill after having close contact with someone who has the virus. Norovirus can infect and sicken anyone. It is also known as stomach flu or stomach bugs. It is important to note that norovirus illness is not the same as the flu, which is caused by the influenza virus. People who are sick with norovirus can shed billions of viral particles. Only a few viral particles can cause illness in other people.

In most cases, diarrhea, vomiting, and stomach pain begin 12 to 48 hours after exposure. It usually takes one to three days for symptoms to last, and most people recover without treatment. In some people, including infants, older adults, and people with underlying conditions, vomiting or diarrhea can lead to severe dehydration and require medical assistance. A norovirus infection tends to occur more often in enclosed and crowded environments, including hospitals, nursing homes, child care centers, and schools.

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They come in many varieties, and this means you can get ill with them more than once in your lifetime. You may not be protected against all types of norovirus if you are infected with one. Individuals can develop immunity to (protection against) specific types of bacteria. However, the length of immunity is unknown. Therefore, young and old might get infected during norovirus outbreaks. Your genes may also influence your susceptibility to norovirus infection. Winter is the most common season for norovirus outbreaks, though they can strike at any time of year. It is sometimes referred to as the â??winter vomiting bug.â?•

Symptoms

In most cases, once you are exposed to this infection, you will go from feeling completely healthy to feeling absolutely miserable within a few days. Typical symptoms include:



- Having a low-grade fever
- Chills
- Having headaches
- Having muscle pains
- Tiredness
- Having diarrhea
- Throwing up

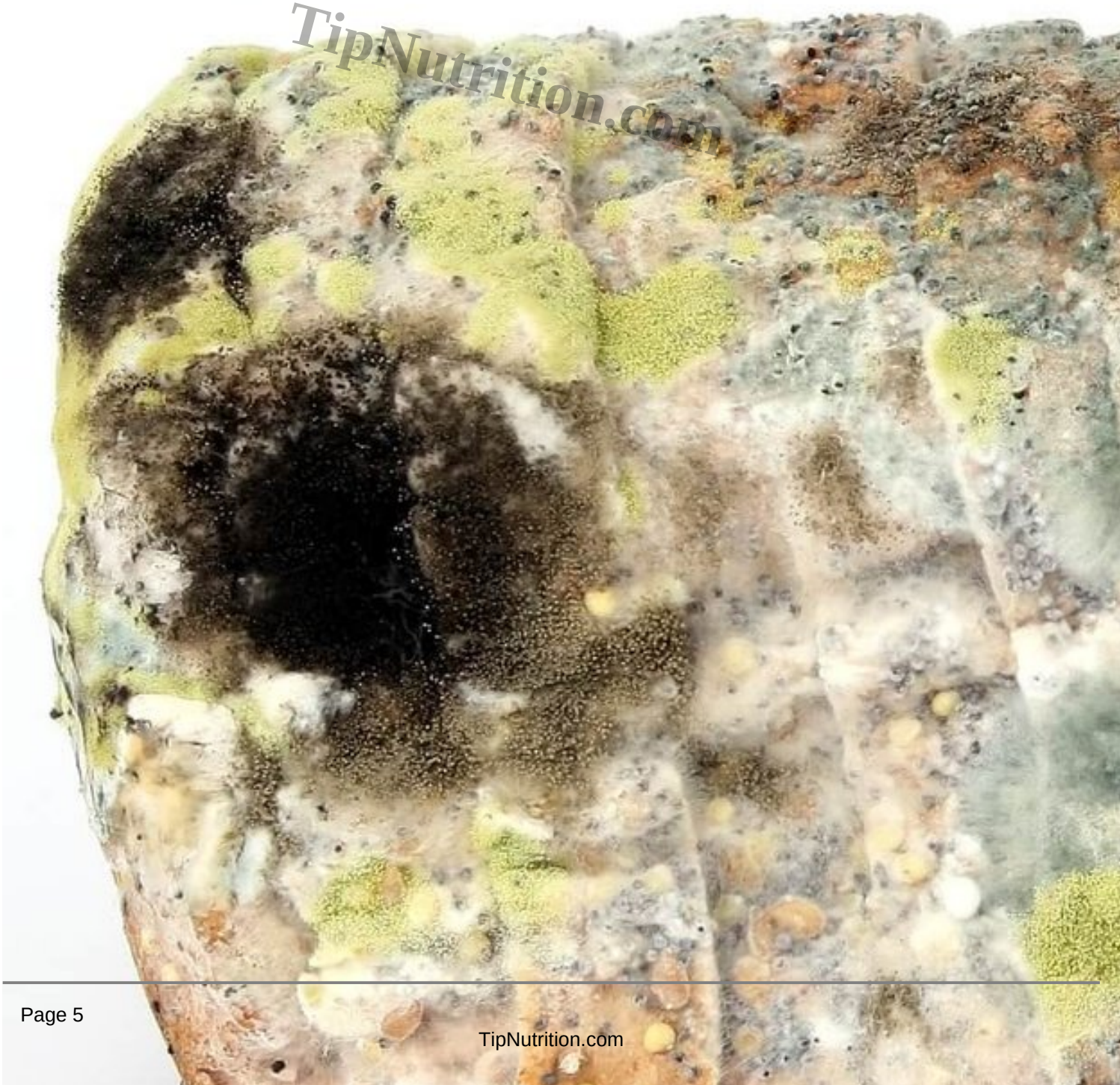
Symptoms such as diarrhea and vomiting arenâ??t considered serious, but they can deplete your body with the fluid it needs, and this can lead to dehydration. Dehydration and malnutrition are most common among children and the elderly.

A stool test will confirm whether you have norovirus symptoms. However, symptoms alone can be used to diagnose infections. People with infections may not show any symptoms. However, they do still carry the virus and can infect others.

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Causes

Animals and humans that are infected with noroviruses shed the virus in their feces. It can be spread by:


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- Consuming contaminated food
- Contaminated water consumption
- After touching a surface or object that has been contaminated with bacteria
- Close contact with someone infected with norovirus

Since noroviruses are hardy and can survive both hot and cold temperatures, most disinfectants can not kill them off.

Risk factors

The elderly, children, and people with weakened immune systems are more at risk for infection by norovirus. Before symptoms appear, the virus spreads, making it difficult to control. The virus can spread before you even realize that youâ??re sick.

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Risk of getting infected :

- Eating food that has been improperly handled
- Those who live close together, such as those in nursing homes
- Visiting hotels, resorts, cruise ships, or other destinations where many people are in close quarters
- Contact with a norovirus-infected person

How long does norovirus remain contagious?



Viruses can survive for up to 8 weeks in the body. Therefore, you could infect others with your illness. Over time, it becomes less infectious. Most people can return to work or school after 48 hours of being symptom-free. The general recommendation is for food service workers to wait 72 hours before handling food.

How to know when to see a doctor

If your diarrhea does not disappear after a few days, get medical attention. If you have severe stomach pain, vomiting, or blood in your stools, you should consult your doctor. After 3 days, call your doctorâ??s office if your symptoms persist. In addition, keep an eye out for symptoms of dehydration, which may also require medical attention. There are instances in which vomiting can be caused by something more serious than norovirus. You may have a bowel obstruction if your vomit is green or yellow. You should seek medical attention immediately.

Diagnosis

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If you exhibit norovirus symptoms, a stool sample can be used to determine if you are sick. It is typically diagnosed based solely on its symptoms.

How is it treated?

Norovirus, like other viruses, cannot be killed by antibiotics, which are designed to kill bacteria. While antiviral medications cannot treat norovirus, a healthy person should be able to recover on their own in one to three days.

Preventions

Anyone can get infected by the norovirus more than once, as it is highly contagious. When youâ??re around a lot of people, good hygiene is key to avoiding a norovirus infection.

To prevent it from spreading, follow these 6 steps:

1. When you change a babyâ??s diaper or go to the bathroom, at least wash your hands for 20 seconds with soap and water. Before preparing food, do the same. An alcohol-based cleaner is less effective than soap and water.

2. Fruits and vegetables should be thoroughly rinsed.

3. Before eating seafood or shellfish, make sure they are thoroughly cooked.

4. Throw out or discard any contaminated items (such as used diapers).

5. Surfaces that have been contaminated should be disinfected. Hands should be protected with gloves and a bleach solution. During sickness and for two days following the onset of symptoms, stay at home.

6. While sick and after symptoms have gone away, avoid preparing food for others.

Category

1. Health

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