

TOP 10 NOROVIRUS FACTS



Norovirus is the most common cause of gastroenteritis in the U.S., causing between 19 – 21 million cases per year.



Symptoms can include vomiting, stomach pain, diarrhea, and nausea.



Norovirus is oftentimes called stomach bug, viral gastroenteritis, food poisoning, or stomach flu.



It's more common for children to vomit when they have the virus. Vomiting and diarrhea can lead to dehydration.



It's more common for adults to have diarrhea when they have the virus.



Once the virus reaches your stomach or intestines, it causes it to become inflamed. This inflammation is what causes you to vomit or have diarrhea.



About 400,000 young children visit the Emergency Room with norovirus each year.



Norovirus causes between 570 – 800 deaths per year, generally among the elderly and young children.



Leafy greens like lettuce, shellfish, and fresh fruits are the most common foods associated with the outbreaks of the virus.



The duration of the illness lasts between 1 to 3 days, although for the young, old, or those with suppressed immune systems, it can last between 4 to 6 days.