BEWARE: Ferrari-Like Stomach Bug Sweeping the Nation

A new strain of stomach bug sweeping the globe is taking over in the U.S., health officials say. It’s one of the most contagious stomach virus that is out there.

In the U.S., new Sydney strain of norovirus is now accounting for about 60 percent of norovirus outbreaks, according to report released last Thursday by the Centers for Disease Control and Prevention.

Norovirus — once known as Norwalk virus — is highly contagious and often spreads. Norovirus can spread quickly from person to person in places like schools and hospitals, especially during the winter. Sometimes mistakenly called stomach flu, the virus causes bouts of vomiting and diarrhea for a few days. This norovirus “is being called the Ferrari of viruses’ for the speed at which it passes through a large group of people.” It can sweep through an environment very, very quickly. You can be feeling quite fine one minute and within several hours suffer continuous vomiting and diarrhea.

People with norovirus illness are contagious from the moment they begin feeling sick until at least 3 days after they recover but some people may be contagious for even longer. For those infected, there’s really no medicine. They just have to ride it out for the day or two of severe symptoms, and guard against dehydration, experts said.

Stop the Spread of Norovirus

Practice proper hand hygiene

WASH YOUR HANDS WITH SOAP AND WATER especially after using the toilet and changing diapers and always before eating or preparing food.

Hands sanitizers are less likely to kill the germs that cause the norovirus. Although these alcohol-based products can quickly reduce the number
of germs on hands in some situations, they are not a substitute for washing with soap and water. **Wash your hands instead!**

**Take care in the kitchen** - Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them. Do not prepare food while they have symptoms and for 3 days after they recover from their illness.

**Clean and disinfect contaminated surfaces** - After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

**Wash laundry thoroughly** - Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. Handle soiled items carefully—without agitating them—to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling. The items should be washed with detergent at the maximum available cycle length and then machine dried. [http://www.qcc.edu/health-wellness](http://www.qcc.edu/health-wellness)

For more information visit

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