

Norovirus

Butler County Health Department officials are seeing an increase in the number of cases of vomiting and diarrhea around the county. This is often caused by a viral illness called Norovirus. Norovirus outbreaks are most common during winter months when people are spending more time together indoors. Often called “the stomach flu” or “food poisoning” the virus causes outbreaks in schools, daycares, and nursing facilities.

The virus can cause vomiting, nausea, cramps, fevers, and in some cases dehydration. Most people feel better in a day or two, but it can be concerning for the elderly or very young. Some people need medical care. People who have Norovirus are very contagious from the time they first start feeling ill until at least 48 hours after their last bout of diarrhea (and sometimes longer).

To help prevent Norovirus, wash your hands often! Be sure to wash for 20 seconds or more (the time it takes to sing Happy Birthday 2-3 times), especially before eating before preparing food, and after using the bathroom or changing diapers. If you are ill, do not prepare food for others. Thoroughly cleaning and disinfecting contaminated surfaces after someone is ill can help stop the virus from spreading to others. An inexpensive and simple solution of 1 part bleach to 50 parts water will help. Laundering soiled items in hot water and drying in a dryer are also helpful. Be careful not to get your own clothes soiled when caring for someone who is ill—if you do, wash your clothes too. Click here for a helpful flier entitled, [Norovirus Illness:Key Facts](#).

Norovirus is a Reportable Disease when two or more cases occur in a healthcare or institutional setting. Please call the Butler County Health Department to report all outbreaks. Call 513-863-1770, or fax to 513-863-4391. We will assist with infection control strategies.

Please see additional links on our website for further information.