



Health Advisory

Nov 9, 2018

Norovirus

Please distribute to all providers in your practice

Current Situation:

Multiple outbreaks and cases of Norovirus have been reported to the City of Berkeley Public Health Division. Norovirus activity is seasonal and typically peaks in late winter or spring each year.

Norovirus Information:

People with Norovirus are very contagious and can easily spread the illness from person to person. The virus may be found in both stool and emesis. Ill persons can be contagious two weeks or longer after recovery. People can become infected in several ways, including: having direct contact with another person who is infected, eating food or drinking liquids contaminated with Norovirus, or touching contaminated surfaces or objects and then touching your mouth.

Symptoms:

- Usually begin 12 to 48 hours after exposure.
- Symptoms last for one to three days. **However, after symptoms resolve people are highly infectious, especially the initial 48 hours.**
- Common symptoms include: vomiting, nausea, diarrhea and abdominal pain. Other symptoms may include low-grade fever, headache and body aches
- Norovirus can lead to dehydration, especially in young children, elderly, and the chronically ill

Prevention:

It is particularly important for ill persons to practice good handwashing and to avoid preparing food for others while they are sick and for at least 48 hours after symptoms resolve. Food workers should not work while they are sick and for 48 hours after resolution of symptoms. Persons caring for someone who may have Norovirus disease should be particularly careful about handwashing and cleaning contaminated surfaces and materials.

Action Requested of Clinicians:

- Consider Norovirus in patients presenting with diarrhea, vomiting, nausea and abdominal pain
- Instruct patients with Norovirus/GI illness to **remain home from work or school until 48 hours after symptoms have resolved**
- **Report** a suspected Norovirus Outbreak to Berkeley Public Health immediately by phone: (510) 981-5292 M-F 8:30-5:00pm or (510)-981-5911 after-hours/weekends/holidays.

Sources for Information:

- CDC Prevent Norovirus webpage: <https://www.cdc.gov/norovirus/preventing-infection.html>
- CDPH Norovirus: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/NorovirusFactSheet.pdf>
- City of Berkeley Public Health Division: <http://www.ci.berkeley.ca.us/publichealth>
- City of Berkeley Norovirus Health Advisory: https://www.cityofberkeley.info/uploadedFiles/Health_Human_Services/Level_3_-_Public_Health/Norovirus%20Health%20Advisory%20lbh_11092018.pdf

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