



Norovirus

Your child may have been exposed to norovirus. Norovirus is a viral infection of the stomach and intestines.

If you think your child has norovirus:

- Tell your childcare provider or call the school.
- Keep your child home from **childcare and school** until 24 hours after diarrhea and vomiting have stopped.
- Anyone with diarrhea and/or vomiting should not go in lakes, pools, splash pads, or hot tubs until after diarrhea and/or vomiting have stopped.
- For more information, call Hennepin County Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Your child may have watery diarrhea, vomiting, and fever. Other symptoms may include headache, stomach cramps, and tiredness. Illness may last up to 6 days but usually resolves within 3 days.

If your child is infected, it may take 1 to 2 days for symptoms to start.

Spread

- By eating food or beverages contaminated with stool.
- By touching hands, objects, or surfaces contaminated with stool.
- When someone vomits and germs get in the air.

Norovirus is easily spread in the household.

Contagious period

The illness can spread as long as the virus is in the stool and usually up to 3 days after symptoms have stopped (but sometimes up to 4 weeks).

Call your health care provider

- If anyone in your home has symptoms.

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- If your child is showing signs of dehydration.

Prevention

- Wash hands after using the toilet and changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing. Hand sanitizer is not effective against norovirus.
- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Use a product that kills germs.
- Wash soiled clothing and bedding in hot water and dry on the hottest setting.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.
- If possible, flush or discard any vomit in the toilet.

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Updated February 2025

