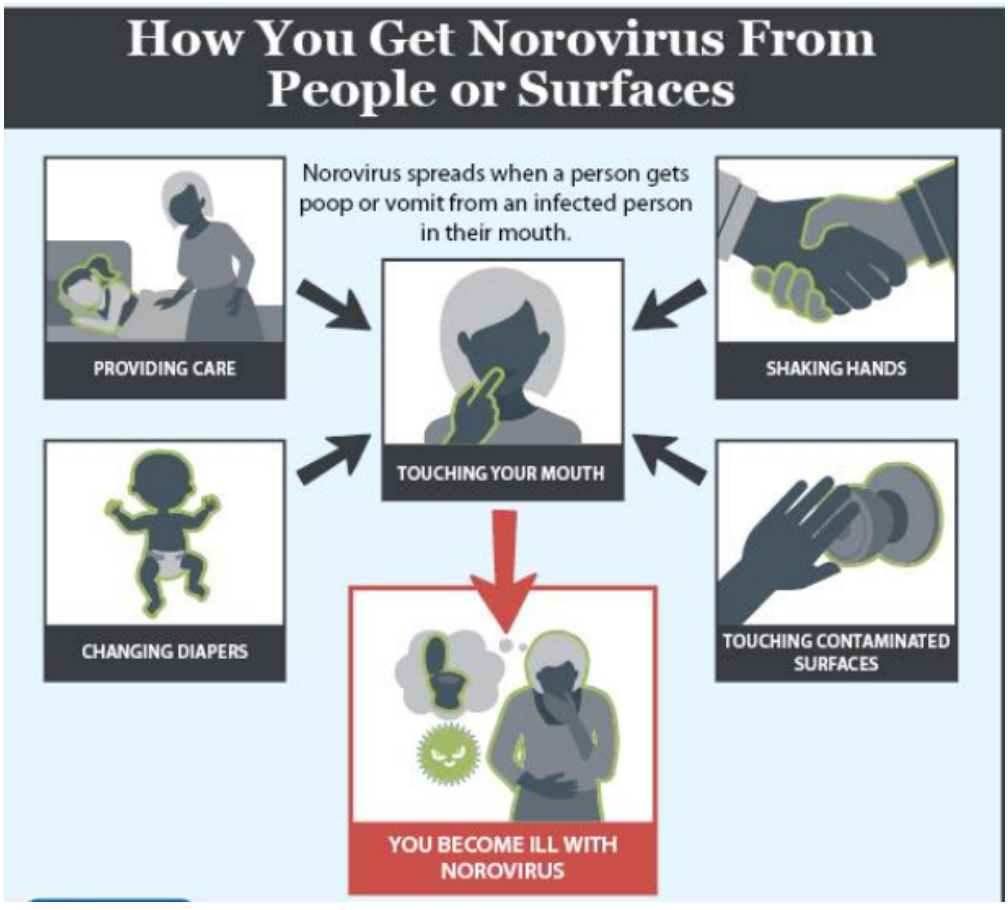
Norovirus Infection

Why in News?

Recently, the norovirus cases are raising in the United States (US).

- **Norovirus** – It is a highly contagious virus, an influenza virus.
- **Winter vomiting bug** – Since norovirus is most common during winter like bugs, it is called as *Winter Vomiting Bug*.
- **Risk factors –** All age groups get infected but more vulnerable are children younger than 5 years old, older adults, and people with weakened immune systems.
- **Transmitted through** – *Contaminated food* due to consumption of raw, oysters and other filter-feeding shellfish, water and surfaces
    - **Primary transmission route** – O*ral-faecal*.



- **Incubation period** – It develops in *1 or 2 days* after exposure.
- **Symptoms –** Diarrhea, vomiting, nausea and stomach pain and dehydration (loss of body fluids).
    - **Other symptoms** – Fever, headache and body aches.

*Norovirus is also called as **Stomach Flu** or Stomach Bug owing to its common symptoms associated with stomach.*

*Norovirus were previously known as **Norwalk virus**, was 1st identified in stool specimens collected during an outbreak of gastroenteritis in Norwalk city, United States.*

- **No treatment** – There are no *vaccines available* for the disease And even antibiotic drugs do not help to treat norovirus infections.
- **Precautions** - *Washing hands repeatedly* with soap after using the lavatory or changing diapers.

References

1. The Indian Express| Spread of Norovirus in US
2. CDC| Norovirus

