



Lake County Health Department

~Working for a healthy community~

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Norovirus Alert

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The Lake County Public Health and CSKT Tribal Health Departments have been investigating an outbreak of severe gastrointestinal illness and have confirmed the cause to be Norovirus.

What is Norovirus?

Norovirus is a virus that is found in the stool or vomit of infected people, spreads VERY EASILY from person to person, and can remain on surfaces unless cleaned properly. An infected person can become ill 1 to 2 days after being exposed to the virus, and will experience rapid onset of symptoms ranging from nausea and repeated vomiting to diarrhea and severe stomach cramps. The illness usually lasts from 1 to 3 days, HOWEVER, a person remains contagious for at least 48 hours after all their symptoms have disappeared. There is no treatment for the virus, and it is very important to drink plenty of liquids to prevent becoming dehydrated.

How can I avoid getting the illness?

The most important things anyone can do to avoid spreading the virus is

- ⊕ **STAY HOME WHEN YOU ARE SICK** and for 48 hours after all your vomiting and diarrhea stops! Your body is still shedding the virus for at least 48 hours after you feel better. Healthy people need to stay away from sick people if possible.
- ⊕ **WASH YOUR HANDS OFTEN!!** Use soap and water, scrub for 20 seconds, and rinse your hands well. Hand sanitizers are not effective against Norovirus.
- ⊕ If someone becomes ill, wash all possibly contaminated surfaces with a chlorine bleach solution. For most non-porous surfaces (toilets, sinks, countertops) using 1/3 cup of bleach in 1 gallon of water is adequate. For wooden floors and other surfaces that can possibly absorb vomit, use 1 2/3 cups of bleach in one gallon of water.

**If you have questions or concerns, please call the
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