



## Lexington-Fayette County Health Department

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### **Health department offers tips to prevent spread of norovirus**

The Lexington-Fayette County Health Department wants to help residents keep from possibly spreading a gastrointestinal virus by taking a few simple precautions.

The health department has received reports of noroviruses in the community. Noroviruses are a common cause of food poisoning and "stomach flu" that can strike quickly with force and make a person feel very sick but which typically resolves within 2-3 days. They are found in the stool or vomit of a person.

Symptoms include: nausea, vomiting, diarrhea and some stomach cramping. Some people also have a low-grade fever, chills, headache, muscle aches and a general sense of tiredness. In most cases, diarrhea is more common in children, and vomiting is more common in adults.

The illness is spread by eating or drinking liquids contaminated with norovirus; when a person touches surfaces or objects contaminated with it and then places their hand in their mouth; or through direct contact with another person who is infected.

The health department suggests taking the following precautions to help prevent the spread of noroviruses:

- Wash your hands frequently, especially after using the toilet or changing diapers and before eating or preparing food. When washing your hands, make sure to use soap and water. Hand-sanitizers will not be fully effective in killing the noroviruses;
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner;
- Carefully wash fruits and vegetables, and steam oysters before eating them;
- Immediately remove and wash clothing or linens that may be contaminated with the virus.

"By taking a few simple steps, particularly by washing your hands with soap and water on a regular basis, parents and everyone else in Lexington can make giant strides in making sure nobody gets sick from a norovirus," said Kevin Hall, LFCHD spokesman.

Most people who get sick from a norovirus have no long-term effects, but some people can experience dehydration because of the vomiting and diarrhea. It is important to drink plenty of fluids if you have the symptoms of norovirus. Anyone with immediate or severe medical concerns should contact their primary physician.

For additional information, find the Lexington-Fayette County Health Department on Facebook, or follow us on Twitter at [twitter.com/LFCHD](https://twitter.com/LFCHD).

**PREVENT**

**PROMOTE**

**PROTECT**