

Norovirus (viral gastroenteritis) continues to spread

What is viral gastroenteritis?

Viral gastroenteritis is a general term for gastroenteritis that is mainly caused by viruses such as “Norovirus”, “Rotavirus”, and “Adenovirus. The main symptoms are abdominal pain, diarrhea, vomiting, and a high fever. There are norovirus outbreaks nationwide particularly in the cold season every year.

How to avoid transmitting Norovirus!

- **Wash hands and gargle**
 - Wash hands after being outside, visiting the restroom, and cleaning up vomit and/or stools, and before cooking and eating.
 - Do not share hand towels. Use personally owned towels or paper towels after washing hands
 - Sterilizing with alcohol has little effect on norovirus.
 - Soap does not kill norovirus. However, hand washing reduces the virus by removing the oils that the virus is attached to.
 - **Heat food up well**
 - Heating up food over 85 degrees Celsius or higher for more than one minute kills viruses.
 - Boil non-sterilized water like well water before drinking.
 - **Sterilize places that might be contaminated by viruses**
 - Sterilize restrooms, doorknobs, handles, handrails, faucets, etc.
- Only heating and chlorine sterilizers are effective at killing norovirus.

Getting health checks and medical attention

- People who have symptoms such as vomiting or diarrhea should see a medical doctor as soon as possible and keep drinking water to avoid dehydration.
Do not take anti-diarrhea medication without consulting a medical doctor.
- Norovirus symptoms are subsided in approximately 2 to 3 days. However, as the virus shedding is still detected in stools for a couple of weeks, people who have contracted norovirus need to use soap in washing hands and bathing.