How can you help protect our waters from contamination?

- Use a marine sanitation device.
- Use an approved pump-out station.
- Don’t dispose of waste overboard.

For pump-out station locations, please visit: http://www.dmr.ms.gov/boating/pump-out-stations

For more information visit the Centers for Disease Control and Prevention: http://www.cdc.gov/norovirus

Mississippi Department of Marine Resources
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Photo Courtesy of: cruiselawnews.com
What is Norovirus?

Norovirus is a highly contagious virus that affects people of all ages. Norovirus is the most common cause of foodborne-disease outbreaks in the United States.

How is Norovirus Spread?

Person-to-Person - Direct contact with a sick person (for example: when caring for someone with norovirus, sharing foods, or sharing utensils).

Foodborne - ingesting contaminated foods (for example: an infected person gets stool or vomit on their hands and touches food).

Waterborne - exposure to contaminated water.

Symptoms Include

- Nausea
- Stomach Cramps
- Vomiting
- Non Bloody–Diarrhea
- Low-Grade Fever

How can you avoid infection?

- Do not prepare/handle food while you are sick.
- Wash your hands thoroughly with soap and water.
- Clean and disinfect contaminated surfaces.
- Wash exposed laundry thoroughly.

Treatment

- Drink plenty of fluids to prevent dehydration.
- No vaccine exists for norovirus.
- There is no specific drug to treat norovirus.
- Norovirus cannot be treated with antibiotics because it is viral.

Information derived from the Centers for Disease Control and Prevention: http://www.cdc.gov/norovirus