



FOR IMMEDIATE RELEASE

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Norovirus and Rotavirus Outbreaks in District

KEARNEY – Two Rivers Public Health District is experiencing an increase of both norovirus and rotavirus cases in the district. In order to prevent the spread of both illnesses between people, Two Rivers strongly recommends taking the following actions:

- Washing hands carefully and frequently
- Staying home when experiencing vomiting and diarrhea
- Careful cleaning of surfaces that have had contact with vomit and diarrhea using an EPA certified cleaning products (https://www.epa.gov/sites/default/files/2021-02/documents/02-22-2021_list-g.pdf)

Norovirus is a very contagious virus that causes vomiting and diarrhea. People of all ages can get infected and sick with norovirus. People with norovirus illness can shed billions of norovirus particles. Only a few virus particles can make other people sick. Norovirus symptoms usually begin one to two days after exposure to the virus, but can begin as early as twelve hours after exposure. Most people with norovirus usually get better within one to three days.

Rotavirus is a very contagious virus that primarily affects infants and young children. However, people of all ages can get infected. Symptoms of rotavirus usually start about two days after a person is exposed to the virus and can last three to eight days. Rotavirus vaccine can help prevent serious illness in children and is commonly administered starting at 2 months old.

Norovirus and rotavirus outbreaks also frequently occur in schools, childcare centers, colleges, and universities. Both norovirus and rotavirus are spread by accidentally getting tiny particles of feces (poop) or vomit from an infected person in your mouth. Outbreaks on school and university campuses have even led to campus closures. Close quarters, shared spaces, and high-touch surfaces make it easy for norovirus and rotavirus to spread.

If you are experiencing norovirus or rotavirus symptoms, please contact your primary care provider and stay home. Typical symptoms for both norovirus and rotavirus are:

- diarrhea
- vomiting
- nausea
- stomach pain
- fever
- headache
- body aches

ABOUT TWO RIVERS PUBLIC HEALTH DEPARTMENT

Two Rivers Public Health Department engages collaborative partners, community leaders and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district. Follow TRPHD on Facebook and Twitter @2RPHD