

## What are the differences between Norovirus & Seasonal Influenza ?

	<b>Norovirus Infection ("stomach bug")</b>	<b>Influenza ("the flu")</b>
<b>What causes it?</b>	A virus that affects the stomach & intestines.	A virus that affects the respiratory system (lungs).
<b>How common is it?</b>	23 million cases per year.	5-20% of the US population per year.
<b>What are the symptoms?</b>	<ul style="list-style-type: none"> <li>- Sudden onset of nausea, vomiting and/or watery diarrhea with cramps.</li> <li>- Low-grade fever, chills &amp; body aches sometimes occur.</li> </ul>	<ul style="list-style-type: none"> <li>- Sudden onset of fever (up to 104° F)</li> <li>- Headache</li> <li>- Sore throat</li> <li>- Cough</li> <li>- Body aches</li> <li>- Congestion</li> <li>- Vomiting &amp; diarrhea not common, but more so in children than adults</li> </ul>
<b>How long does it last?</b>	Typically between 24 and 72 hours.	Typically between 3 and 7 days, often longer.
<b>Is it serious?</b>	<p>Rarely causes severe complications.</p> <p>Dehydration is the most common complication, particularly among young children &amp; the elderly.</p>	<p>Usually gets better on its' own but can cause severe complications, especially among:</p> <ul style="list-style-type: none"> <li>-young children</li> <li>-the elderly</li> <li>-people with health problems (asthma, chronic lung and/or heart disease, diabetes, etc...)</li> </ul>
<b>How is it prevented?</b>	<ul style="list-style-type: none"> <li>- No vaccine is available for norovirus.</li> <li>- Anyone with norovirus symptoms should wait at least 48 hours after their last episode of vomiting and/or diarrhea before preparing food for others.</li> <li>- Wash hands with soap &amp; water after using the toilet or changing diapers, and before preparing food or eating.</li> </ul>	<ul style="list-style-type: none"> <li>- Vaccine is available but needs to be repeated each flu season.</li> <li>- Anyone with flu symptoms should stay home from work &amp; school until at least 24 hours after the fever is gone.</li> <li>- Wash hands frequently with soap &amp; water, or use hand sanitizer (at least 62% ethanol) if soap &amp; water are not available.</li> <li>- Cover coughs &amp; sneezes with the elbow or shoulder, or with a tissue that is immediately thrown away.</li> </ul>

