

## Understanding Norovirus in Less than Three Minutes

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[https://www.youtube.com/watch?v=Ey\\_OV\\_-pBeo](https://www.youtube.com/watch?v=Ey_OV_-pBeo)

*Norovirus:* It's the leading cause of outbreaks of diarrhea and vomiting in the US. The virus can spread like wildfire through homes, schools, healthcare facilities, sports teams, child care centers and nursing homes. Norovirus causes an average of [20 million cases of illness](#) each year, including tens of thousands of hospitalizations and hundreds of deaths, mostly among young children and the elderly. The winter months are usually the busiest season for norovirus.

There is no vaccine to prevent norovirus, but understanding how it spreads can go a long way to avoiding it. The CDC animated video above presents the facts about norovirus in a clever, simple-to-understand way. My hope is that this video will go as "viral" as norovirus itself. Share it widely, and be well.

For more information on norovirus, please see this [CDC webpage](#).

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