

# Public Health Advisory

## Norovirus cases increase in Nunavut

**March 27, 2025**

### Nunavut-wide

**120 secs**

The Department of Health is advising Nunavummiut that there is an increase of norovirus cases in the territory. Norovirus is highly contagious and can infect anyone, the most severe cases are in Elders and children.

The infection is spread mainly through contact with the vomit or stool of a person sick with norovirus. The virus can spread easily from person to person and can also spread through food, water or ice that has been touched by a sick person.

Norovirus can spread quickly in places like daycare centers, schools and airplanes. The highest number of norovirus illnesses usually happen from November to April in Canada.

If you or your child are mildly ill, stay home and avoid contact with others until your symptoms are gone. This will help prevent the spread of illness.

The usual symptoms are:

- Nausea
- Vomiting
- Diarrhea
- Stomach pains
- Sometimes there is a little fever, chills, muscle aches or feeling tired. The illness usually begins quickly and lasts 1 to 3 days.

You can prevent norovirus by:

- Washing your hands often, especially before preparing meals or after changing a baby's diaper, and after using the washroom.
- Resting and drinking plenty of fluids (avoid pop, energy drinks or other sugary fluids).
- Cleaning surfaces such as countertops, doorknobs and bathrooms often with hot soapy water.

