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## FOR IMMEDIATE RELEASE

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### Norovirus cases rising in New Mexico and nationwide

SANTA FE – New Mexico is seeing a rise in norovirus cases happening nationwide. Norovirus outbreaks occur throughout the year but are most common from November to April.

Norovirus is a common, highly contagious virus commonly referred to as a “stomach bug” or even “stomach flu.”

Norovirus should not be confused with flu. Flu is caused by the influenza virus and causes respiratory illness. Norovirus causes gastroenteritis, which is inflammation of the stomach or intestines that causes nausea, vomiting, stomach cramps and diarrhea.

"The most important thing you can do to prevent spreading norovirus is to wash your hands — especially before you eat," said **Miranda Durham**, NMDOH Chief Medical Officer. "If you're sick, be sure to stay hydrated and don't prepare or share food with others."

Norovirus can be passed person-to-person by infected people, contaminated food or water, or just touching contaminated surfaces.

Hand sanitizer does *not* work against norovirus – that is why everyone should wash their hands with soap and water. Clean and disinfect surfaces by using detergents with bleach.

If exposed to norovirus, you will typically become sick within 24 to 48 hours. In addition to the symptoms listed above, some people may have a low-grade fever, chills, headache, muscle aches and fatigue. Illness typically lasts one to three days. There isn't a specific treatment for norovirus, but anyone sick should be sure to drink plenty of water to stay hydrated.

If you develop norovirus symptoms, stay home if possible and contact your healthcare provider, urgent care or emergency room if you're unable to stay hydrated. Where possible, don't go to work or school until 48 hours after symptoms have completely gone away.

If you do not have a medical provider or have other questions, contact the NMDOH Helpline at 1-833-SWNURSE for assistance.

More information about norovirus can be found on the [NMDOH website](#) or from the U.S. [Centers for Disease Control and Prevention](#).

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