

How to prevent stomach viruses after exposure

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A stomach virus is a microscopic organism that can infect your digestive tract through body openings, such as your mouth, nose, and eyes. It can cause painful inflammation when it attacks your tissues, leading to gastroenteritis.

There are four common stomach viruses, which are different from infectious stomach bacteria because they are technically not alive. Viruses, unlike bacteria, must use cells in your body to grow and do not grow in clusters. They cannot be treated with antibiotics, as these drugs only work against bacterial cells.

People often refer to stomach viruses as "stomach flu" or "stomach flu," and they're pretty common. But there are plenty of things you can do to avoid them by preventing the viruses that cause them from entering your body through your mouth, nose, and eyes.

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The most common stomach viruses include:

1. norovirus
2. rotavirus

3. adenovirus
4. astrovirus

Here are some tips to help prevent the most serious symptoms and complications of a stomach virus:

1. **Wash your hands often with soap and warm water for at least 20 seconds** : Always wash your hands after using the toilet or before starting to prepare food. Use hand sanitizer with at least 60% alcohol if soap and water are not available nearby.
2. **Don't share items with someone who is sick or if you are sick** : This includes plates, utensils, towels, or anything else that might touch the eyes, nose, or mouth of someone who has the virus.
3. **Avoid eating uncooked foods** : Avoid raw foods such as seafood or uncooked meat and vegetables that may carry infectious bacteria or viruses, making the illness worse.
4. **Wash everything you eat before cooking or preparing it** : Make sure to clean any areas where you cook or prepare raw meat or vegetables that could carry infectious bacteria and cause foodborne illness.
5. **Be careful when drinking tap water in some places you travel to** : Tap water in different places can carry different types of viruses and other infectious bacteria that your body may not be used to. Bring bottled water when possible in these places.
6. **If you have young children, make sure they're vaccinated against rotavirus** : Children under 3 years old who haven't been vaccinated are more likely to get the stomach virus, especially if they're around a lot of other children.

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