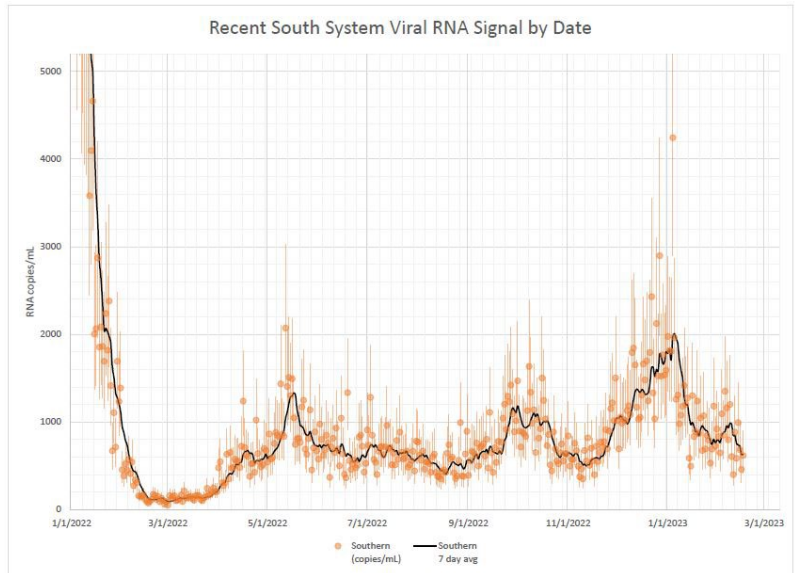


This week’s health update includes information on flu, COVID-19, and norovirus.

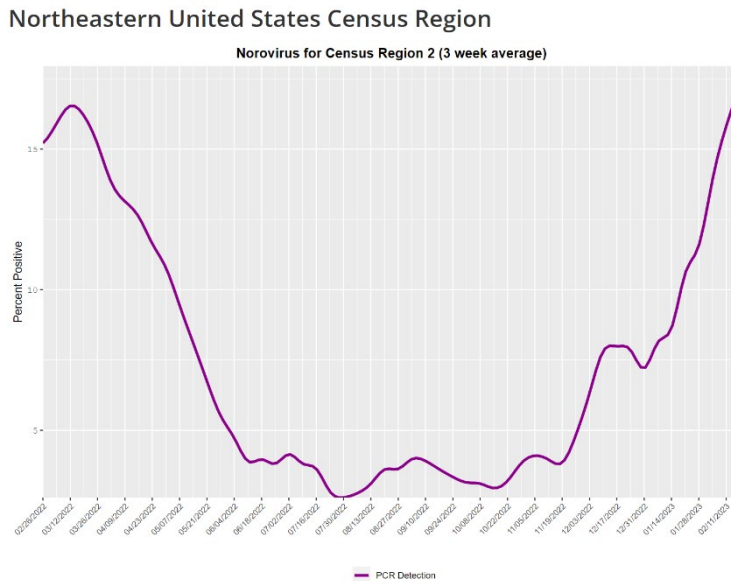
Respiratory Illnesses: Influenza-like illness activity, as well as influenza-associated hospitalizations have continued to decrease (Source: [MDPH](#)). The influenza activity in Central MA is minimal. COVID-19 cases and hospitalizations continue to decrease. Wastewater data for COVID-19 also continues to trend downward (Source: [MWRA](#)).



Norovirus: Currently, there have been increases in the number of norovirus cases across the country and nation.

Outbreaks of norovirus occur most frequently during late fall, winter, and early spring. Norovirus is a virus that causes nausea, vomiting, diarrhea, and cramps, typically lasting about 1-2 days in most people. This virus is very infectious, only a small amount of virus can make someone sick, and it can live on surfaces for weeks. To prevent norovirus, always wash your hands with soap and warm water, as hand sanitizer likely will not kill the virus. For surfaces, bleach-based products work well.

Below is a graph of norovirus percent-positive rates for the Northeastern part of the United States (Source: [CDC](#)).



For more information about the increase in cases, click [here](#).

For more information about norovirus, click [here](#) for guidance from MDPH.