



LOURDES A. LEON GUERRERO
MAGA'HAGAN GUÁHAN
GOVERNOR OF GUAM

JOSHUA F. TENORIO
SEGUNDO MAGA'LÁHEN GUÁHAN
LT. GOVERNOR OF GUAM

GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT



THERESA C. ARRIOLA, MBA
ACTING DIRECTOR

PETERJOHN D. CAMACHO, MPH
DEPUTY DIRECTOR

TERRY G. AGUON
DEPUTY DIRECTOR

PRESS RELEASE PR 26-059

February 9, 2026

Norovirus Preventative Measures Advised

Hagåtña, Guam - The Department of Public Health and Social Services (DPHSS) is advising the public to take a proactive approach to preventing norovirus infection amidst reports of increasing norovirus cases nationally and internationally.

While local data indicates no alarming increase in Norovirus or gastroenteric illnesses, DPHSS advises the public to remain vigilant and continue practicing preventative measures.

Norovirus, often referred to as the “stomach flu/bug,” is a highly contagious virus that spreads through direct contact with an infected person, ingesting contaminated food or liquids, or touching contaminated objects. Symptoms develop between 12 to 48 hours after exposure, and can include diarrhea, vomiting, nausea, or stomach pain. Anyone can get norovirus and most people with norovirus illness recover within 1 to 3 days. However, children younger than 5 years old, older adults, and individuals with weakened immune systems are more likely to develop severe symptoms.

The community is encouraged to take proactive measures to prevent risk of exposure, including:

1. Wash your hands well and often with soap and water;
2. Cook shellfish thoroughly;
3. Clean and disinfect contaminated surfaces;
4. If sick, stay home for 2 days after symptoms stop.

For more information about norovirus infections, please visit the CDC website at <https://www.cdc.gov/norovirus/about/index.html>.

Residents can view the latest surveillance figures regarding communicable diseases on the official Guam Communicable Disease Dashboard at: <https://elc.guam.gov/epi-reports>.

####