

HOW TO AVOID A STOMACH VIRUS AFTER BEING EXPOSED

Noroviruses are a group of viruses that cause the stomach flu, which is also known as gastroenteritis. This illness is usually characterized by nausea, vomiting, stomach ache and diarrhea. These principal symptoms may also include additional symptoms such as fever, headache, muscle ache and fatigue. Sudden onset of the symptoms may be felt 4 to 48 hours after being contaminated with the virus. Be aware of how the virus is transmitted from person to person. Gastroenteritis can be transmitted through the following methods:

DIRECT CONTACT:

An individual who touches a contaminated item such as feces and in turn touches another individual could directly transfer the viral or bacterial agents causing gastroenteritis.

INDIRECT CONTACT:

An individual carrying the bacterial or viral agent touches a certain object and another individual touches the same object previously handled by the carrier and then suddenly places his/her already contaminated hands into their mouth could indirectly transfer the infection.

CONTAMINATED FOODS AND DRINKS:

These items could potentially harbor the causative agents of gastroenteritis and if ingested accidentally could lead to the outbreak of the disease.

PEOPLE WHO HAVE BEEN EXPOSED TO THE STOMACH FLU VIRUS SHOULD TAKE SPECIAL PRECAUTIONS TO TRY TO AVOID BECOMING ILL, HOWEVER THERE IS NO SUREFIRE WAY TO PREVENT INFECTION.

BOOSTING YOUR IMMUNE SYSTEM:

Increase your intake of vitamin C. Since viruses enter the body when the immune system is weak, you should take steps to strengthen your immune system so that the body does not become vulnerable. One easy way to do this is to increase your intake of vitamin C.

>Vitamin C is available in tablet, capsule, effervescent and syrup form. You should take 500 mg of

>Vitamin C every day to boost your immune system and protect the body against immune system deficiencies.

>Vitamin C can also come from other foods and beverages such as cantaloupe, orange juice, broccoli, red cabbage, green pepper, red pepper, kiwi and tomato juice.

EAT PROBIOTIC YOGURT:

Studies have shown that eating probiotic yogurt can help to prevent the recurrence

of stomach flu. Having a cup of yogurt a day can keep your stomach healthy.

>Yogurt contains good bacteria known as probiotics. These good bacteria combat bad bacteria in the stomach.

>Yogurt also helps to repopulate the good bacteria in the stomach.

>Yogurt is produced by adding bacteria cultures to milk. When this is done it transforms the milk's sugar into lactic acid.

STAY HYDRATED:

Another way to strengthen the immune system is by drinking sufficient amounts of water.

It is recommended that a person drinks at least 8 glasses of water every day, as water helps to cleanse and hydrate the body which is good for the immune system. These 8 glasses of water should not include other liquids such as coffee, soda, alcohol or tea.

EAT MORE MUSHROOMS:

Mushrooms are also known to strengthen the immune system, as mushrooms increase the number of white blood cells in the body. These white blood cells fight against the microbes that cause infection.

>There are many different types of mushrooms that can be used. Shitake, maitake and reishi are among the most popular mushroom types that have a positive effect on the immune system.

>Eating at least ¼ ounce to 1 ounce of mushrooms a day can strengthen the immune system. You can prepare the mushrooms by adding them to a pasta sauce or sautéing them in oil.

EAT FOODS RICH IN CAROTENOIDS:

Carotenoids (which are a derivative of vitamin A) enhance the activity of immune system's cell and improve cell-to-cell communication to easily identify foreign bodies. They also induce apoptosis (also known as cell suicide) in these foreign bodies.

>Foods rich in carotenoids are carrots, sweet potatoes, tomato, pumpkin, cantaloupe, apricots, spinach and broccoli.

>The recommended daily intake of vitamin A should be: 0.9 milligrams daily for men and 0.7 milligrams daily for women.

CONSUME MORE GARLIC:

Garlic has the ability to stimulate the body's immune system by stimulating the activity of white blood cells called macrophages which engulf foreign bodies, such as virus cells associated with the stomach flu. For immune-boosting effects, eat a

clove of garlic every 4 hours.

DRINK BLACK TEA:

Studies have also shown that drinking of 3 to 5 cups of black tea a day over a two week period can help the body fight off any virus in the blood.

>L-theanine is a component in green and black tea which is known to boost the immune system.

>For the tea to be more effective, bob the tea bags up and down while brewing.

DRINK APPLE-CIDER VINEGAR:

Apple cider vinegar works by changing the pH in the intestinal tract into an alkaline environment. This is effective because intestinal viruses do not thrive in an alkaline environment, they prefer an acidic state.

Mix two teaspoons of apple cider vinegar into a glass of water and drink daily.

PRACTICING GOOD HYGIENE:

Understand the importance of good hygiene in preventing infection. Hygiene is of utmost importance when it comes to staying healthy. This does not only apply to stomach flu but also other diseases. Hygiene is the body's best defense from illness.

>The most important precaution you can take against illness and contamination is hand washing, as your hands are the most likely body parts to come in contact with a norovirus infected surface.

Know when it is important to wash your hands. You should wash your hands:

Before and after preparing food, before eating food, before and after taking care of a sick person, before and after touching any type of wound, after touching any dirty surface or things, after sneezing, coughing or blowing your nose and after touching pets.

If hand washing cannot be done, using hand sanitizer is the next best option. Place a generous amount of sanitizer in your hands and rub your hands together to evenly distribute the gel over all surfaces of your hands.

CLEAN YOUR HOUSE THOROUGHLY:

Different parts of your house along with the cleaning equipment you use in everyday living often contain unseen microorganisms, which could lead to stomach virus. To clean the house, the following must be done:

CLOTHS AND SPONGES:

As much as possible, use disposable cloths or paper towels. Reusable cloth or sponges should be disinfected in a bleach solution after use. Soak cloths and sponges in a bucket of bleach solutions for at least 15 minutes, then rinse thoroughly.

MOPS AND BUCKETS:

These are considered two of the dirtiest tools used in homes as they always come in contact with the floor. Use two buckets when mopping. One for the detergent and one for rinsing. To disinfect a mop: Remove the mop's head if detachable. Add ¼ cup of antimicrobial solution in a pail of water and mix well. Soak the mop's head for at least 5 minutes. Rinse thoroughly, then leave to dry.

FLOORS:

Floors are the dirtiest part of the house because they are stepped on everyday. Use a mop soaked in an antimicrobial solution (¼ cup of antimicrobial solution mixed with a pail of water) to clean the floor. Make sure the floor is always dry as microorganisms thrive in damp conditions.

SINKS AND LAVATORIES:

Always flush the toilet after each use and use antibacterial or antimicrobial disinfectants (¼ cup of antimicrobial solution mixed with a bucket of water) to clean both sinks and toilets at least every other day.

DON'T FORGET TO DISINFECT LIGHT SWITCHES, DOORKNOBS AND REMOTES!