



# Norovirus Spreads Across Country: Northeast Most Affected According to CDC

## Description

Norovirus is a sickness that can make people vomit and have diarrhea. Recently, many people in the Northeast part of America got sick from Norovirus. The top way people get Norovirus is by eating food with the virus in it.

The number of sick people is higher in winter, especially in the Northeast. The virus also affected people in the South, Midwest and West parts of America, but not as much as in the Northeast.

Norovirus affects around 21 million people in the U.S. each year. It's the main cause of gastroenteritis, a stomach illness. The virus attaches to cells in our intestines and then spreads easily from person to person.

Norovirus is most often spread through food, and can make up to 60 percent of all foodborne illnesses. It's passed on in two main ways: person to person contact, or eating food or drinking water that has the virus. Infected people can spread the virus even beyond two weeks from when they feel sick.

Symptoms of Norovirus appear quickly, usually within a day or two after you come into contact with the virus. People may throw up, have diarrhea, stomach pain and sometimes fever. The sickness usually goes away after two or three days, but it can be serious for children, old people and those with weak immune systems.

To find out if someone has Norovirus, doctors look at their symptoms and take a test if needed. When Norovirus is already spreading in a place, health officials may also test the sick people.

There are no specific treatments for Norovirus. Sick people mainly need to replace lost fluids and minerals. Hand washing is the best way to avoid getting sick. Finally, you should be careful when eating shellfish, as they can carry the Norovirus.

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## Vocabulary List:

1. **Norovirus** // (noun): A type of virus that can cause vomiting and diarrhea.
2. **Gastroenteritis** // (noun): Inflammation of the stomach and intestines.
3. **Immune system** // (noun): The bodily system that protects against diseases and infections.
4. **Shellfish** // (noun): Aquatic animals with a shell, such as oysters, clams, and shrimp.
5. **Fluids** // (noun): Liquids, especially those necessary for the body's functions.
6. **Test** // (noun): A procedure to assess a person's health condition or the presence of a disease.

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. Which type of virus can cause symptoms such as fever cough and sore throat?  
Option: Adenovirus  
Option: Norovirus  
Option: Diabetes  
Option: Heart disease
2. What term refers to individuals who have received a vaccine to prevent a specific disease?  
Option: Vaccinated  
Option: Psychiatric  
Option: Handle  
Option: Transparency
3. Excessive body weight that increases the risk of various health conditions is known as:



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- Option: Obesity  
Option: Commit  
Option: Test  
Option: Consuming
4. Which type of food is a good source of fiber and nutrients and is recommended for a healthy diet?  
Option: Whole grains  
Option: Fluids  
Option: Research  
Option: Facilities
5. What virus is highly contagious and can cause stomach pain nausea vomiting and diarrhea?  
Option: Norovirus  
Option: Chance  
Option: Promise  
Option: Early death
6. Which term describes the possibility of something happening?  
Option: Chance  
Option: Shellfish  
Option: Heart attack  
Option: Handle
7. What process involves the systematic investigation into and study of materials and sources to establish facts and reach new conclusions?  
Option: Research  
Option: Facilities  
Option: Psychiatric  
Option: Ultra-processed
8. Food products that are significantly altered from their original form and often contain additives fall under which category?  
Option: Ultra-processed  
Option: Commit  
Option: Promises  
Option: Fluids
9. Which term refers to the quality of being easily understood and openly communicated?  
Option: Transparency  
Option: Diarrhoea  
Option: Handle  
Option: Medicines
10. What medical condition causes inflammation of the stomach and intestines leading to symptoms like



diarrhea and vomiting?

- Option: Gastroenteritis
- Option: Handles
- Option: Promise
- Option: Immune system

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. A \_\_\_\_\_ occurs when blood flow to a part of the heart is blocked for a long enough time that part of the heart muscle is damaged or dies.
12. To achieve success you must \_\_\_\_\_ to your goals and work hard towards them consistently.
13. Making a \_\_\_\_\_ to oneself to maintain a healthy lifestyle can lead to long-term benefits.
14. People allergic to \_\_\_\_\_ should avoid consuming them to prevent severe reactions.
15. Staying hydrated by drinking an adequate amount of \_\_\_\_\_ is essential for overall health.
16. Regular exercise and a balanced diet help maintain a strong and healthy \_\_\_\_\_.
17. One of the symptoms of certain infections is persistent \_\_\_\_\_ which can lead to dehydration.
18. Always consult a healthcare professional before taking any new \_\_\_\_\_ to avoid potential interactions.
19. Healthcare \_\_\_\_\_ such as hospitals and clinics play a crucial role in providing medical services to the community.
20. It is important to \_\_\_\_\_ a qualified and experienced healthcare provider for accurate



diagnosis and treatment.

21. Learning how to effectively \_\_\_\_\_ stress is key to maintaining mental and emotional well-being.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

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|---------------------------------------------------------------------------------------------------------------------|
| 22. Issues related to mental health may require the expertise of professionals in this field.                       |
| 23. To reach your fitness goals you must dedicate yourself to consistent effort and hard work.                      |
| 24. Learning how to effectively manage daily stress is important for one's well-being.                              |
| 25. Making a commitment to healthy habits often starts with a personal pledge to oneself.                           |
| 26. In the healthcare industry clear and honest communication is key to building trust with patients.               |
| 27. Scientists conduct experiments and gather data to advance knowledge and make new discoveries in various fields. |
| 28. Modern hospitals are well-equipped with state-of-the-art technology and resources to provide quality care.      |
| 29. Promising oneself to maintain a balanced diet and regular exercise routine can lead to improved health.         |
| 30. There is always a possibility or opportunity for positive outcomes to occur in any situation.                   |
| 31. Developing coping mechanisms to handle stress is crucial for mental resilience and emotional well-being.        |

## Answer

**Multiple Choice:** 1. Adenovirus 2. Vaccinated 3. Obesity 4. Whole grains 5. Norovirus 6. Chance 7. Research 8. Ultra-processed 9. Transparency 10. Gastroenteritis

**Gap-Fill:** 11. Heart attack 12. Commit 13. Promise 14. Shellfish 15. Fluids 16. Immune system 17. Diarrhoea 18. Medicines 19. Facilities 20. Appoint 21. Handle

**Matching sentence:** 1. Psychiatric 2. Commit 3. Handle 4. Promise 5. Transparency 6. Research 7. Facilities 8. Promise 9. Chance 10. Handle



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## CATEGORY

1. Health - LEVEL2

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