



Norovirus sweeps the country; CDC says Northeast particularly hard hit

Description

The Norovirus has spread a lot in the Northeast of the United States recently, according to data from the Centers for Disease Control and Prevention (CDC). This illness is very contagious and causes vomiting and diarrhea. The CDC has found that food is the main way it spreads.

In most parts of the United States, there has been an increase in positive tests for Norovirus. This rise is normal during the winter months. Still, the Northeast has been affected a lot more with an average of 13.7 percent of positive tests over the past three weeks. Since December 2023, the positive rate has remained above 10 percent.

Other regions in the U.S. also report an increase in Norovirus cases. In the South, the positive rate has been around 9.4 percent for the past three weeks. Meanwhile, in the Midwest, it's 10 percent and in the West, it's 12.6 percent.

What is Norovirus?

Norovirus causes about 21 million cases of acute gastroenteritis annually, according to the CDC, making it the number one cause for this illness in adults in the U.S. It is a powerful virus that can easily spread due to certain characteristics. It remains alive in many environments and can quickly spread, particularly in closed places like cruise ships and airplanes.

How does Norovirus spread?

It is estimated that Norovirus causes about 60 percent of all foodborne illness outbreaks. It primarily spreads when someone comes into contact with microscopic norovirus particles through food, water, or another person. The virus is shed heavily in vomit and stool of infected persons. Also, airborne vomit can transmit the virus. Some individuals continue to spread the virus after they have recovered from it, even up to 28 days afterward.

What are the symptoms of a Norovirus infection?

Common symptoms of Norovirus include nausea, vomiting, diarrhea, and abdominal pain. Usually, it's not dangerous and people recover in a couple of days. However, it can be more serious in children, the elderly, and people with weak immune systems.

How do you protect against Norovirus?

The best way to avoid getting sick with Norovirus is by frequently washing your hands, especially at places where many people gather such as restaurants, schools, or on cruise ships. Caution is required when consuming shellfish, as these can be a source of infection.

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Vocabulary List:

1. **Norovirus** // (noun): A highly contagious virus that causes vomiting and diarrhea.
2. **Contagious** // (adjective): Easily spread from one person to another.
3. **Gastroenteritis** // (noun): Inflammation of the stomach and intestines.
4. **Outbreaks** // (noun): Sudden occurrence of a disease within a specific population or area.
5. **Symptoms** // (noun): Indications of a disease or medical condition.
6. **Immune** // (adjective): Resistant to a particular infection or disease.

Vocabulary quizzes

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

1. Which term refers to a person who is inspiring or influential in a particular field?

Option: Esteemed

Option: Luminary

Option: Royalty

Option: Ambitious



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2. Which term is used to describe a highly contagious virus that causes gastroenteritis?
- Option: Symptoms
 - Option: Norovirus
 - Option: Outbreaks
 - Option: Immune
3. Which term best describes a person who has a strong desire to succeed and achieve their goals?
- Option: Endeavours
 - Option: Enthused
 - Option: Ambitious
 - Option: Crucial
4. Which term refers to inflammation of the stomach and intestines often caused by a viral or bacterial infection?
- Option: Norovirus
 - Option: Contagious
 - Option: Gastroenteritis
 - Option: Outbreaks
5. Which term can mean a set of clothes worn together for a particular occasion?
- Option: Daring
 - Option: Revealing
 - Option: Online
 - Option: Outfit
6. Which term refers to a group of people of royal blood or status?
- Option: Immune
 - Option: Royalty
 - Option: Incident
 - Option: Mourning
7. Which term describes feelings of doubt fear or anxiety about oneself?
- Option: Self-deprecating
 - Option: Acclaimed
 - Option: Insecurities
 - Option: Chemistry
8. Which term refers to the emotional or psychological interaction between people?
- Option: Hypochondriac
 - Option: Attention
 - Option: Prominent
 - Option: Chemistry



9. Which term means the act of focusing on someone or something?

- Option: Crucial
- Option: Splash
- Option: Attention
- Option: Prominent

10. Which term describes something that is important well-known or easily noticed?

- Option: Online
- Option: Prominent
- Option: Self-deprecating
- Option: Acclaimed

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

11. The author was held in _____ regard by literary critics worldwide.
12. The students were _____ about the upcoming science fair.
13. The movie won several awards and was widely _____ by audiences.
14. The nation was in a state of _____ following the passing of their beloved leader.
15. It is _____ to follow the safety guidelines to prevent accidents.
16. The fashion designer made a _____ with their new collection at the show.
17. You can find a variety of resources for learning languages _____.
18. Her _____ humor always made people laugh at social gatherings.
19. The movie had some _____ scenes that surprised the audience.
20. She worried constantly about her health leading her friends to jokingly call her a _____.

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

21. The couple exchanged vows and rings during their wedding ceremony.



22. Regular exercise and a healthy diet can help boost your body's defenses against illnesses.
23. The traffic jam was caused by a car accident on the highway.
24. The professor was highly respected and admired for his groundbreaking research in the field of physics.
25. The young mountaineer attempted a daring climb up the steep cliffs.
26. The royal family attended the charity event to show their support for the cause.
27. The community gathered at the park to commemorate the veterans who served in the war.
28. She set ambitious goals for her career and worked tirelessly to achieve them.
29. The flu virus is highly contagious and can easily spread from person to person.
30. The health officials investigated the sudden increase in flu cases to prevent further spread in the community.

Answer

Multiple Choice: 1. Luminary 2. Norovirus 3. Ambitious 4. Gastroenteritis 5. Outfit 6. Royalty 7. Insecurities 8. Chemistry 9. Attention 10. Prominent

Gap-Fill: 11. Esteemed 12. Enthused 13. Acclaimed 14. Mourning 15. Crucial 16. Splash 17. Online 18. Self-deprecating 19. Revealing 20. Hypochondriac

Matching sentence: 1. Nuptials 2. Immune 3. Incident 4. Esteemed 5. Daring 6. Royalty 7. Memorial 8. Ambitious 9. Contagious 10. Outbreaks

CATEGORY

1. Entertainment - LEVEL5

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