Viruses

Viruses are a type of microorganism that invades the cells of your body. Unlike bacteria, they cannot survive without a host. So while both viral and bacterial infections have similar symptoms, they are very different in terms of transmission and treatment. Some viruses can continue to live in their host. Each virus should be looked at on an individual basis.

**How Long Am I Contagious?**

**Time you are contagious before symptoms start** | **Time you are contagious after symptoms start** | **Time it takes before you are not contagious**
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**Noro virus** *(Stomach flu, more common in adults)* | 10 to 50 hours | 24 to 60 hours | One to three weeks
**Rotavirus** *(Stomach flu, more common in children)* | 24 to 72 hours | Two to four days | One to three weeks
**Influenza** *(Flu: vaccine available)* | One to four days | Three to 14 days | One to two weeks
**Rhinovirus** *(Common cold)* | One to four days | Three to 14 days | One to two weeks
**SARS-CoV-2** *(COVID-19: vaccine available)* | Two days | Two to 14 days | One to two weeks

Learn more about COVID-19 nm.org/covid-19.

Sources:
- cdc.gov/norovirus/index.html
- cdc.gov/rotavirus/index.html
- cdc.gov/flu/index.htm
- cdc.gov/features/rhinoviruses/index.html

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