# **Norovirus Exposure Notice**

Your child may have been exposed to **Viral Gastroenteritis (Norovirus)** on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please check for symptoms through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If your child develops symptoms, please contact your child’s healthcare provider.

**A child with viral gastroenteritis (Norovirus) must stay home until 48 hours after symptoms go away.**

## Viral gastroenteritis (Norovirus) is an illness caused by a virus, usually the Norovirus. Even though it is sometimes called “stomach flu,” it is not related to the flu. It causes:

* Diarrhea
* Vomiting and nausea
* Abdominal cramps
* Body aches and headaches

If a person gets sick, it usually takes 12 to 48 hours after the person has had contact with a sick person. Most people get better within 1 to 3 days, but some people can be sick for as long as 6 days.

## How is viral gastroenfteritis spread?

* Eating or drinking foods that have the virus on it
* Touching items that have been touched with the virus
* Sharing utensils, plates, cups, etc. with someone who is infected or sick
* Living in a home with a person ill with the virus. A sick person can spread the illness during the entire time he or she is sick, and even a few days after he or she is no longer sick. The virus spreads quickly in schools, daycares, and cruise ships.

## What can I do now?

Watch your child for symptoms and call your child’s healthcare provider if your child gets sick. Keep your child hydrated by encouraging them to plenty of fluids.

## Prevention:

* Wash your hands with warm water and soap after using the bathroom or preparing food.
* Frequently clean high touch surfaces in the home using a bleach solution that kills viruses and bacteria, such as 1 to 3 tablespoons of bleach mixed with 1 quart (32 ounces) of water.
* Wash laundry with hot water
* Wear disposable gloves and change your clothes after cleaning up vomit and diarrhea.