

Norovirus

Dear parent or guardian:

We have noticed an increase of vomiting and diarrhea among our students. The Health Department suspects **norovirus** is causing the illness. We need your help to stop the spread of the virus.

If your child is sick, keep them home from school at least 24–48 hours after vomiting or diarrhea stops.

Symptoms

Symptoms include sudden onset of nausea, vomiting, diarrhea, and stomach cramps. Some may also have a low fever. Symptoms usually start 12–48 hours after exposure.

Spread

Norovirus spreads when you:

- Have direct contact with an infected person, like when providing care or sharing food.
- Touch a contaminated surface or object (like toys, faucet, or doorknob) and then touch your mouth.
- Eat food or drink liquid contaminated with the virus.

Diagnosis and treatment

There is no treatment or vaccine for norovirus. Drink plenty of fluids and get plenty of rest to help recover.

Prevention

Help prevent the spread of the virus:

- If your child is sick, keep them home from school or childcare at least 24–48 hours after vomiting or diarrhea stops.
- Teach children to wash their hands thoroughly with soap and warm water.
- Wash your hands frequently, including after using the bathroom, changing diapers, and before preparing food or touching your mouth.
- Don't share food or drinks.
- If you're sick, don't prepare food for others.
- Immediately flush or dispose of vomit or diarrhea.
- Clean and disinfect areas where someone has vomited or had diarrhea. Use a 10% bleach solution.
- Remove and machine wash and dry any soiled clothing or linens.

Learn more

For more info, contact a healthcare provider.