

Norovirus Symptoms and Prevention

The common symptoms of norovirus are **nausea, vomiting, diarrhea, stomachaches and sometimes a low grade fever and aching**. The onset of this illness can be quite sudden. If your child is having any of the above symptoms, please keep them home and notify the school. Stomach illness with these symptoms may be spread by touching surfaces where the germs are present, or by food or drinks that are contaminated with the germs. It is very important that individuals use good hand-washing at the appropriate times, especially after restroom use and before eating.

Important to note:

Waterless hand sanitizers are not effective against this virus; thorough hand-washing with soap and water is the most effective means of prevention as well as cleaning surfaces with bleach products.

Please work with us to help stop the spread of this illness. Thank you for monitoring your children to assure they are well before sending them to school.

Please refer to the following websites for more information:

<http://www.cdc.gov/Features/Norovirus/>

<http://www.cdc.gov/norovirus/downloads/keyfacts.pdf>

Sincerely,

Martha Covrig
District 7 School Nurse