Norovirus Illness Notification Recommendations

The verbiage below can be used to notify parents of *one or more cases of norovirus in a classroom or bus*. Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Norovirus.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

At least one student in/on your child's classroom/bus has been diagnosed with norovirus.

About Norovirus:
Norovirus is a very contagious virus that causes vomiting and diarrhea. It spreads by direct contact with an infected person, by consuming contaminated food or water, or by touching contaminated surfaces and then putting unwashed hands in the mouth.

Common symptoms include:

- Nausea
- Vomiting
- Abdominal cramping and pain
- Diarrhea
- Fever
- Headache
- Body aches

There is no specific treatment for norovirus. Most people recover completely within 1-3 days.

Next Steps for Your Family:
Watch your child for symptoms of norovirus. If symptoms develop, encourage your child to drink plenty of fluids to prevent dehydration. If dehydration occurs, reach out to your healthcare provider.

Tips to Reduce the Spread of Norovirus:

- Children should avoid group or food-handling activities if they have symptoms.
- Children should stay home until 2-3 days after symptoms have resolved. An infected person is contagious to others until 2-3 days after illness.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds, especially after using the bathroom.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
    - Remember to clean and disinfect surfaces after someone vomits or has diarrhea.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-552-6882.