



EL DORADO COUNTY
HEALTH AND HUMAN SERVICES AGENCY *Public Health Division*

Communicable Disease

May 17, 2017

Dear Parent / Guardian,

There have been reports of gastrointestinal-like symptoms affecting some students. Currently, the schools have not been notified of a confirmed case of Norovirus, although symptoms of Norovirus, and many other illnesses, do include gastrointestinal symptoms.

Norovirus Symptoms

Symptoms include a sudden onset of nausea, vomiting, diarrhea, and stomach cramping. Some students have had a low-grade fever. The symptoms of norovirus illness usually begin about 12-48 hours after exposure to the virus. Protection against norovirus protects against other illnesses, too.

How It Spreads

Norovirus easily spreads from person-to-person. The illness can spread when:

- You have direct contact with another infected person (for example, when caring for someone with illness, or sharing food with someone who is ill).
- You touch a surface or object (such as toys, bathroom faucet, etc.), contaminated with norovirus and then place your hands in your mouth.
- You eat food or drink liquids contaminated with norovirus.

Steps You Can Take

While there is no treatment or vaccine for norovirus, it is important to drink plenty of liquids. This replaces fluid lost from throwing up or diarrhea and prevents dehydration.

You can help slow the spread of illness, by taking these steps:

- Keep your ill child(ren) home from school or childcare until at least 48 hours after vomiting or diarrhea symptoms have stopped.
- Wash your hands and your child's hands frequently, especially after using the bathroom or changing diapers, and before preparing or eating food or touching your mouth.
- Don't share food or drinks with other people, especially when you're sick or they're sick

Please call your health care provider if you have concerns regarding this illness.

Sincerely,

Nancy Williams, MD MPH
Public Health Officer
El Dorado County Public Health