



Viral Gastroenteritis or Norovirus

Your child may have been exposed to this disease on _____.
Date(s)

Please check your child for symptoms through _____.
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

A child with viral gastroenteritis or norovirus must stay at home until 48 hours after symptoms go away.

Viral gastroenteritis 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

Other symptoms are:

- Body aches and headaches
- Low grade fever (less than 100.4 degrees F), or no fever

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.

What can I do now?

Watch your child for symptoms of this disease. Call your child's doctor or health care provider if your child gets sick. If your child becomes sick it is important to make sure he or she drinks plenty of fluids. It is easy for a child to get dehydrated if they are vomiting or have diarrhea.

If your child gets sick, take these actions to prevent others from getting sick:

- Wash your hands with soap and water after using the toilet and before eating or preparing food.
- Clean items and surfaces in your home that are touched often. Disinfect items and surfaces by using a cleaning 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.