

Your child may have been exposed to:**Norovirus**

Norovirus is a viral infection of the stomach and intestines.

If you think your child has Norovirus:

- Tell your childcare provider or call the school.

- **Need to stay Home?**

Childcare and School:

Yes, until diarrhea and vomiting have stopped.

In addition, anyone with vomiting and/or diarrhea should NOT use pools, swimming beaches, recreational water parks, spas, or hot tubs for at least 3 days after diarrhea and/or vomiting have stopped.

Symptoms

Your child may have watery diarrhea, vomiting, and fever. Other symptoms may include headache, stomach cramps, and tiredness. Illness usually lasts for 24 to 48 hours.

If your child is infected, it may take 1 to 2 days for symptoms to start.

Spread

- By eating or drinking contaminated food or beverages.
- By touching contaminated hands, surfaces, or objects.
- Also when someone vomits and germs get in the air.

Norovirus is easily spread in the household.

Contagious Period

The illness can spread as long as the virus is in the stool, usually up to 3 days after symptoms have stopped.

Call your Healthcare Provider

- ◆ No specific treatment is available.
- ◆ Ask how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

Prevention

- Wash hands after using the toilet and changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.