

Your child may have been exposed to:

## Rotavirus

Rotavirus is a viral infection of the intestines.

### If you think your child has Rotavirus:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare:

**Yes**, until diarrhea has stopped.

#### School:

**No**, unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently.

### Symptoms

Your child may have watery diarrhea, vomiting, or fever. Also may have a cough, runny nose, or ear infection. Illness may last 4 days or longer.

If your child is infected, it may take 1 to 3 days for symptoms to start.

### Spread

- By eating or drinking contaminated food or beverages.
- By coughing or sneezing.
- By touching contaminated hands, surfaces, or objects.

### Contagious Period

The illness can spread as long as the virus is in the stool. A person is contagious for 1 to 2 days before to 10 days after symptoms start.

### Call your Healthcare Provider

- ◆ If anyone in your home has symptoms. There is a medical test to detect the virus. No specific treatment is available.
- ◆ Ask how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

### Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose or with stool and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. 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.