

Your child may have been exposed to:

Infectious Diarrhea

Diarrhea is more stools (bowel movements) that are looser and watery when compared to your normal pattern. Can be caused by germs like *E. coli* O157:H7, *Salmonella*, and rotavirus.

If you think your child has infectious diarrhea, tell your childcare provider or call the school.

Keep your child home from childcare until 24 hours after diarrhea has stopped. Follow the guidelines for the specific germ if your child was tested and the germ is known.

School aged children do not need to stay home, unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.

Anyone with diarrhea should not go in lakes, pools, splash pads, water parks, or hot tubs until after diarrhea has stopped.

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

Symptoms

Your child may have stools that are loose and runny compared to normal. There may be blood and/or mucus in the stool. Other symptoms may include a stomach ache, vomiting, and fever.

If your child is infected, it may take 1 day to 4 weeks (sometimes longer) for symptoms to start.

Spread

- By eating or drinking food or beverages contaminated with stool.
- By touching hands, objects, or surfaces that have been contaminated with stool.

Contagious period

The illness can spread as long as germs are in the stool.

Call your health care provider

- If anyone in your home has symptoms. There may be a medical test to identify the germ.
- Treatment may be available, depending on the germ that is causing diarrhea.

Prevention

- Wash hands after using the toilet and changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Wash hands after touching pets or farm animals.
- 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.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.