



## Parent/Guardian Notification and Information on Norovirus

Dear Parent/Guardian:

A case of Norovirus has been reported in your child's classroom. Norovirus is highly contagious and spreads very quickly. It typically causes vomiting and diarrhea for 1-3 days and most often spread through contaminated food.

### Norovirus is spread by:

- Having direct contact with someone with Norovirus,
- Sharing food or drinks with someone that is infected,
- Contact to contaminated objects or surfaces

### Please monitor your child for the following symptoms for the next 10 days:

Stomach cramps	Low grade fever
Vomiting	Headache
Diarrhea	Fatigue

*If your child develops any symptoms please keep them home and call your healthcare provider.*

### Prevention:

- Wash hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer
- Avoid people who are infected

**Individuals at High Risk:** Always consult with your healthcare provider with any questions or concerns. Although complications are generally rare some factors increase someone's risk. Anyone with underlying conditions, compromised immune system, pregnancy, elderly, etc...should contact their healthcare provider if they think they may have been exposed.

**Return to School:** Your child can return to school as long as it has been at least 2 days after symptoms have ended and,

- No vomiting or diarrhea for at least 48 hours, and
- Are feeling back to normal.

**Any questions please email/call your school nurse, (found on your home school website).**

For more information: <https://www.cdc.gov/norovirus/causes/index.html>