

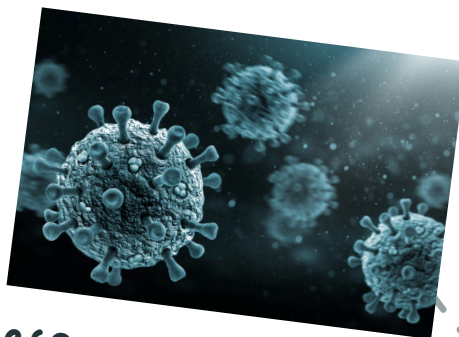
NURSE'S NEWSLETTER

WHAT IS NOROVIRUS?

- NOROVIRUS IS A HIGHLY CONTAGIOUS VIRUS THAT CAUSES GASTROENTERITIS, AN INFLAMMATION OF THE STOMACH AND INTESTINES. NOROVIRUS OUTBREAKS TYPICALLY HAVE A HIGHER INCIDENCE FROM NOVEMBER THROUGH MARCH.

SYMPTOMS INCLUDE:

- NAUSEA AND VOMITING
- WATERY DIARRHEA
- FATIGUE
- ABDOMINAL PAIN OR CRAMPS
- LOW-GRADE FEVER OR CHILLS



NOROVIRUS SPREADS THROUGH PERSON-TO-PERSON CONTACT, CONTAMINATED FOOD OR WATER, AND SURFACES. SYMPTOMS TYPICALLY LAST 1-3 DAYS.

WHAT TO DO IF YOUR CHILD IS SICK:

TREATMENT

- KEEP YOUR CHILD HYDRATED TO PREVENT DEHYDRATION.
- PROVIDE REST AND MONITOR SYMPTOMS. MOST CASES RESOLVE IN A FEW DAYS.
- CONTACT YOUR HEALTHCARE PROVIDER IF SYMPTOMS PERSIST OR WORSEN.

STAY HOME

- CHILDREN SHOULD REMAIN AT HOME UNTIL 48 HOURS AFTER THEIR SYMPTOMS HAVE RESOLVED TO PREVENT SPREADING THE VIRUS.

TODAY'S TOPIC

NOROVIRUS

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WHAT TO DO?

PREVENTION TIPS: HAND HYGIENE

- WASH HANDS THOROUGHLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER USING THE RESTROOM, CHANGING DIAPERS, OR BEFORE EATING.
- HANDWASHING IS MORE EFFECTIVE THAN HAND SANITIZER FOR REMOVING NOROVIRUS.
- ENVIRONMENTAL CLEANING
 - DISINFECT HIGH-TOUCH SURFACES SUCH AS DOORKNOBS, LIGHT SWITCHES, AND COUNTERTOPS WITH EPA-APPROVED PRODUCTS EFFECTIVE AGAINST NOROVIRUS.
- LAUNDRY EXPOSED CLOTHING AND LINENS IMMEDIATELY USING HOT WATER.

FOOD SAFETY

- RINSE FRUITS AND VEGETABLES UNDER RUNNING WATER BEFORE USE.
- COOK FOOD THOROUGHLY TO AT LEAST 145°F TO KILL THE VIRUS.

SCHOOL ACTIONS

OUR SCHOOL IS TAKING THE FOLLOWING STEPS TO ENSURE A HEALTHY ENVIRONMENT:

- REINFORCING PROPER HANDWASHING TECHNIQUES AMONG STUDENTS AND STAFF.
- INCREASING THE CLEANING OF HIGH-TOUCH SURFACES.
- MONITORING FOR SYMPTOMS OF ILLNESS.

