



**WESTERN PLACER
UNIFIED SCHOOL DISTRICT**

600 Sixth Street, Suite 400, Lincoln, CA 95648 Ph: 916-645-6350

WPUSD Health Services - Communicable Disease Letter
Norovirus

Date: _____ School: _____

Dear Parent/Guardian:

There have been recent outbreaks of Norovirus in the Sacramento/Placer area. The most common cause of widespread GI illness is Norovirus, more commonly called the stomach flu. In an effort help prevent Norovirus or Norovirus-like illness from spreading to your family and at school, please read the information below. If there are confirmed cases at your child’s school or in class, another letter will be sent home. Please notify the school if your child develops symptoms.

Signs and Symptoms:

Symptoms include a sudden onset of nausea, vomiting, diarrhea, and stomach cramping lasting from 1-3 days. Some people may develop a low-grade fever.

How It Spreads:

Norovirus easily spreads from person-to-person. The illness can spread when you:

- Have direct contact with another infected person (for example, when caring for someone with illness, or sharing food with someone who is ill).
- Touch a surface or object (such as toys, bathroom faucet, etc.), contaminated with norovirus and then touching your mouth.
- Eat food or drink liquids contaminated with Norovirus.

Treatment:

It is important to drink plenty of liquids. Fluid is lost in diarrhea and vomiting. If your child becomes weak or unable to drinks fluids, seek immediate medical care. Consult with your child’s doctor for any questions. The doctor may want to take a sample of your child’s stool.

You can help slow the spread of illness, by taking these steps:

- If your child develops these symptoms, keep them home until they are no longer vomiting, experiencing nausea, diarrhea, and/or fever. They should be free of symptoms for 48 hours before returning to school.
- Wash your hands and your child’s hands properly and frequently with soap and water, especially after using the bathroom, changing diapers, having contact with vomit or stool, and before preparing or eating food or touching your mouth.
- Discourage your child from sharing food or drinks with other people, especially while sick.
- Clean all areas that have come in contact with diarrhea or vomit. Use a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water. Be sure to leave the cleaning solution or product on the surface for 10-20 minutes. Rinse the area with clean water after disinfecting.
- Immediately remove and machine wash and dry any clothing or linens soiled by vomit or diarrhea.

Sincerely,

Signature

Title

Date