

Your child may have been exposed to:

Norovirus

Quick Help

If you think your child has Norovirus

Tell your childcare provider or call the school.

Need to stay home?

Childcare and School: YES, until diarrhea and vomiting have stopped.

In addition, anyone with vomiting and/or diarrhea should NOT use pools, swimming beaches, recreational water parks, spas or hot tubs for at least 3 days after diarrhea and/or vomiting have stopped.

Prevention

- Wash hands after using the toilet and changing diapers and before preparing or eating food. Your child may need help with handwashing.
- 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.

Norovirus is a viral infection of the stomach and intestines

Symptoms:

Your child may have watery diarrhea, vomiting and fever. Other symptoms may include headache, stomach cramps and tiredness. Illness usually lasts for 24 to 48 hours. If your child is infected, it may take 1 to 2 days for symptoms to start.

Spread

- By eating or drinking contaminated food or beverages.
- By touching contaminated hands, objects or surfaces.
- Also when someone vomits and germs get in the air.

Norovirus is easily spread in the household.

Contagious Period

The illness can spread as long as the virus is in the stool, usually up to 3 days after symptoms have stopped.

Call your Healthcare Provider

- No specific treatment is available.
- Ask how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

For more information, please visit or call:
Oldham County Health Department
1786 Commerce Parkway, LaGrange KY 40031
502-222-3516 ext. 136
www.oldhamcountyhealthdepartment.org

