

School Nurse News

January 2019

Norovirus is the most common cause of gastroenteritis or stomach-flu. Typically, symptoms will start 12-48 hours after being exposed to norovirus and resolve within 1-3 days.

<https://www.cdc.gov/norovirus/index.html>

Symptoms

- Diarrhea
- Vomiting
- Nausea
- Stomach Pain
- You may also experience: Fever, headache, body aches

Transmission

- Eating food or drinking liquids contaminated with norovirus
- Touching surfaces or objects contaminated with norovirus
- Having direct contact with someone who is infected with norovirus

Treatment

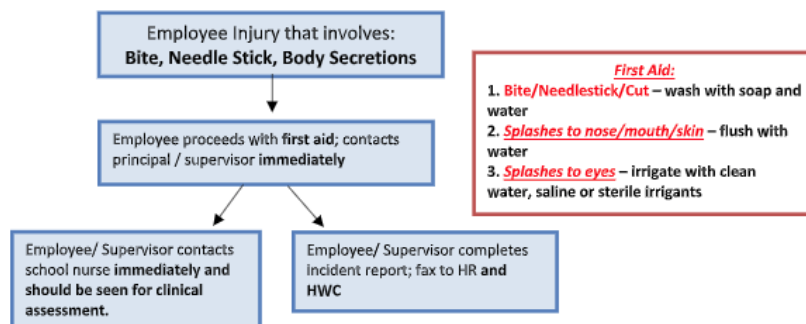
- There are no medications to treat norovirus
- Drink plenty of fluids to stay hydrated
- If dehydration is suspected seek medical care

Prevention

- HANDWASHING
- Wash hands after using toilet,
- Wash hands before eating, preparing or handling food
- If vomiting or diarrhea is experienced clean all areas immediately with a bleach solution leaving it on the surface for 5 minutes
- Wash soiled laundry, towels with detergent and hot water for maximum cycle and dry them at the highest heat setting.

Significant Exposure to Blood or Body Fluids

In the event you have a potential significant exposure at your building location, please refer to the following portion of a flow chart that was developed for Human Resources, the School Nurses, and our Prevea partners regarding the most effective response to these situations:



Please note that this flow chart should be followed immediately following any exposure. Do NOT wait until the end of the day to seek assistance.

The CDC recommends to begin treatment within 2 hours of exposure.