

Dear Parent or Guardian,

We want to inform you that someone in our childcare center/school has norovirus. Norovirus is a very contagious gastrointestinal (stomach) illness that often begins suddenly. It causes nausea, vomiting, and diarrhea.

*If your child becomes ill, please notify the school, and keep your child at home for at least 24 hours after symptoms have resolved.*

To help prevent the spread of norovirus, we urge you and your child to follow these steps:

- Watch for norovirus symptoms: nausea, vomiting, diarrhea and stomach cramping.
- Drink a lot of fluids.
- Contact your healthcare provider about worsening symptoms or signs of dehydration.
- Stay home when sick.
- Wash hands frequently and thoroughly with soap and water.
- Clean and disinfect all toys and surfaces frequently, especially when your child is ill.
- Avoid sharing drinks, water bottles, eating utensils, and cell phones.

If you have any questions about norovirus, please talk to your healthcare provider or contact the Spokane Regional Health District's Disease Prevention and Response division at 509.324.1442.

Sincerely,