

Your child may have been exposed to:**Norovirus**

Norovirus is a viral infection of the stomach and intestines.

If you think your child has Norovirus:

- Tell your childcare provider or call the school.

- **Need to stay Home?**

Childcare and School:

Yes, until the child has been free of diarrhea and vomiting for at least 24 hours.

In addition, anyone with vomiting and/or diarrhea should NOT use pools, swimming beaches, recreational water parks, spas, or hot tubs for at least 2 weeks after diarrhea and/or vomiting have stopped.

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, surfaces, or objects.
- Also when someone vomits and bacteria 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 feces.

Call your Healthcare Provider

- ◆ No specific treatment is available.
- ◆ Ask how to prevent dehydration. Your child may become dehydrated due to vomiting or diarrhea.

Prevention

- Wash hands after using the toilet and changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with feces. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills viruses.

For more information, call Missouri Department of Health and Senior Services (MDHSS) at 573-751-6113 or 866-628-9891 (8-5 Monday thru Friday) or call your local health department.