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cchealth.org

K-12 Recommendations for Norovirus

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. Norovirus should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.

Symptoms:

The symptoms of norovirus illness usually include nausea, vomiting, diarrhea, and some stomach cramping. Sometimes people also have a low-grade fever, chills, headache, muscle aches, and tiredness. People may suddenly feel very sick and vomit frequently or have several episodes of diarrhea, but most people get better within 1 or 2 days, and they have no long-term health effects related to their illness. Diarrhea is more common in children and vomiting is more common in adults. Dehydration may occur because of the loss of fluids through vomiting and diarrhea.

What can you do to prevent Norovirus:

You can reduce your chances of getting sick by following these simple guidelines:

- Frequent handwashing with soap and water (especially after using the bathroom and before handling food)—alcohol-based hand cleaners do not kill Norovirus.
- Prompt disinfection of contaminated surfaces with a freshly prepared bleach solution (1/3 cup bleach to 1 gallon water). When vomiting has occurred, immediately close off the area and disinfect all surfaces within a 25 foot radius. Discard any food that was in the area.
- Wear gloves when cleaning soiled surfaces.
- Wash soiled clothing and linens as soon as possible.
- Do not swim in a pool or any recreational water if you've recently had a diarrheal illness.
- Stay home during illness and for at least 2 days (48 hours) after your symptoms have resolved.
- Food handlers should stay home during illness and for at least 3 days (72 hours) after their symptoms have resolved.



What to do if you get Norovirus:

Children should be excluded from childcare and school until 48 hours after symptoms have stopped. Everyone with vomiting and/or diarrhea should NOT use pools, swimming beaches, recreational water parks, spas, or hot tubs for at least 72 hours (3 days) after diarrhea and/or vomiting symptoms have stopped.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.