

PARENT ALERT

Contagious disease exposure in room/location _____ on _____.

VIRAL GASTROENTERITIS (Includes Rotavirus and Norovirus)

WHAT IS IT? *Norovirus* causes inflammation of the stomach or intestines. This is called acute gastroenteritis. A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days (CDC, 2021).

Rotavirus commonly causes severe, watery diarrhea and vomiting in infants and young children. Children may become dehydrated and need to be hospitalized and can even die. Rotavirus vaccine can protect children and prevent severe hospitalization (CDC, 2021).

WHAT ARE POSSIBLE COMPLICATIONS? Dehydration in young children, hospitalization and fatalities may occur.

HOW CAN YOU GET THE ILLNESS? You can get infected by touching poop or contaminated surfaces with virus and putting your hand inside your mouth, and/or eating contaminated food. People may spread the virus through feces (poop) or vomit.

Tiny amounts of invisible particles can spread the illness, so just because a surface is not visibly contaminated it *still* should be cleaned. Vomit can release infectious particles into the air, so bathrooms should be cleaned using a mask and ventilated as soon as possible.

People including children may remain infectious for days to up to 2 weeks after their symptoms have gone away, so bathroom cleaning and handwashing remains important even after people are feeling better.

WHAT SHOULD YOU DO?

1. See your medical provider. Give plenty of fluids. Medicate child as prescribed.
2. Stay home if sick.
3. Wash hands after caring for the child. Handwash with soap and water rather than hand sanitizer, as it is less effective for norovirus; effective handwashing includes vigorously rubbing hands together for at least 20 seconds total, taking care to scrub all areas of the hands, especially fingertips and thumbs, and the backs of the hands.
4. Clean and disinfect surfaces in the home (to minimize household spread) with [EPA approved disinfectant](#) or bleach which is effective against norovirus (can mix 1 cup bleach into 1 gallon water), including bathrooms, any area contaminated by vomit or diarrhea, and surfaces that are touched often like faucet handles, doorknobs, etc.
5. Prompt laundering of any possibly contaminated clothes and linens.
6. Handle dirty things using gloves and mask to avoid inhaling particles or getting virus on hands.
7. Follow recommendations from [SF Communicable Disease and Control](#) and [CDC, 2021](#).
8. Notify the Center so Center can alert the other parents.

WHAT WILL THE CENTER STAFF DO?

1. Post this notice.
2. Exclude children with fever, vomiting, diarrhea, nausea or stomach pain with unknown cause.
3. Meticulous handwashing. Wash hands after caring for the child. Handwash with soap and water rather than hand sanitizer, as it is less effective for norovirus; effective handwashing includes vigorously rubbing hands together for at least 20 seconds total, taking care to scrub all areas of the hands, especially fingertips and thumb, and the backs of the hands.
4. Clean, sanitize and disinfect properly. Clean and disinfect surfaces in the center (to minimize Center spread) with [EPA approved disinfectant](#) or bleach which is effective against norovirus (can mix 1 cup bleach into 1 gallon water), including bathrooms, any area contaminated by vomit or diarrhea, and surfaces that are touched often like faucet handles, doorknobs, etc.
5. Prompt laundering of any possibly contaminated clothes and linens.
6. Handle dirty things using gloves and mask to avoid inhaling particles or getting virus on hands.
7. Follow recommendations from [SF Communicable Disease and Control](#) and [CDC \(2021\)](#).
8. Notify Public Health Department and childcare licensing for outbreaks or questions.

WHEN CAN THE CHILD RETURN TO CLASS? Any ill staff, attendees, visitors, or volunteers should stay home for 48 hours *after* they no longer have symptoms (SF CDC, 2021) and meet childcare admission criteria. *If you have any questions, please contact your childcare center and healthcare provider.*

REFERENCES:

SF CDCP. (2021). <https://www.sfcDCP.org/wp-content/uploads/2018/01/Daycare-GI-Checklist-Recommendations-10.2021.pdf>

CDC. (2021). <https://www.cdc.gov/norovirus/about/symptoms.html>

CDC. (2021). <https://www.cdc.gov/rotavirus/index.html>

EPA. (2022). <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>