



Communicable Disease Prevention and Control  
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## **EXPOSURE NOTICE: VOMITING AND DIARRHEA**

Date Issued: \_\_\_\_\_

Dear Parent, Legal Guardian, or Staff,

Students and staff may have been recently exposed to a germ that causes **vomiting/diarrhea**. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child has severe symptoms and/or symptoms are not improving, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

**VOMITING/DIARRHEA:** Symptoms are commonly caused by bacteria or viruses, such as noroviruses, adenoviruses, sapoviruses, or astroviruses. Norovirus is the most common cause and is highly contagious. Although sometimes called “stomach flu,” this illness is not related to the flu.

**What are the symptoms?** Vomiting, diarrhea, stomachache, poor appetite, headache, and/or fever.

**How is it spread?** Eating or drinking contaminated food or water, touching surfaces or objects contaminated with the bacteria or virus. Having direct contact with someone who is sick with the bacteria or virus, such as by caring for them or sharing food/utensils with them.

**When do symptoms start?** 1 to 2 days after exposure to the virus or bacteria.

**Do staff or children need to stay home if symptoms develop?** Yes.

**When can staff or children go back to work, school, or childcare?** The child or staff member may return 48 hours after symptoms have resolved without the use of medication and they meet school or childcare’s readmission criteria.

**The spread of vomiting and diarrhea can be prevented by taking these steps:**

- Frequently wash your hands, before and after eating and preparing food, and after toileting. Use soap and water to wash hands. Hand sanitizers are not effective against many of these viruses.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of vomiting or diarrhea by using a solution of 1 cup of chlorine bleach to 1 gallon of water.
- Machine wash soiled items using detergent and hot water at maximum cycle length and dry at highest heat setting.

For additional information, visit [cdc.gov/norovirus/](https://www.cdc.gov/norovirus/).

# CLEANING INSTRUCTIONS

Prevent vomiting and diarrhea with cleaning and disinfection.

## Clean

**Remove vomit or poop right away.**

- Wear protective clothing like gloves, aprons, or masks.
- For carpets or upholstery, use baking soda or other absorbent materials to absorb liquid.
- Do not vacuum. Pick up any mess using paper towels.
- Throw away any food items that may have become contaminated.

**Use soapy water to wash surfaces that contacted vomit or diarrhea.**

- Clean all nearby high-touch surfaces, like doorknobs and toilet handles.
- Rinse thoroughly with plain water and wipe dry with paper towels.
- Steam cleaning may be necessary for carpets and upholstery.

**Machine-wash and dry affected clothes.**

- Use hot water, bleach, and detergent. Run on longest setting.

## Disinfect

**For hard surfaces, prepare a chlorine bleach solution.**



**3/4 cup of  
concentrated  
bleach\***

**+**



**1 gallon  
of water**

*\*If using regular strength bleach (5.25%), increase the amount of bleach to 1 cup.*

Leave all surfaces wet for at least 5 minutes. Rinse all surfaces intended for food or mouth contact with water before use.