



Communicable Disease Prevention and Control
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EXPOSURE NOTICE

Dear Parents:

On _____ your child may have been exposed to the communicable disease or condition that is listed below. The information provided does not replace talking with your healthcare provider if your child is ill. ***If your child has symptoms, please seek diagnosis and treatment from your healthcare provider.***

COMMUNICABLE DISEASE/CONDITION

VOMITING/DIARRHEA (in 2 or more children in a classroom or area): Symptoms of illness commonly caused by viruses, such as noroviruses, adenoviruses, sapoviruses, or astroviruses. 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? Handling items or touching surfaces contaminated with the virus. Eating or drinking contaminated food or water. May also be spread by being next to a vomiting individual.

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

Do I need to keep my child home? Yes.

When can my child return to school/ childcare? Children may return 48 hours after symptoms have resolved without medication.

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

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food. 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. Wear a mask while cleaning.
- Immediately remove and wash soiled clothing or linens after an episode of vomiting and diarrhea (use hot water and detergent).
- Vomiting and diarrhea can spread at home as well as at school. Take the above prevention steps at home to protect household members.