

**What is norovirus?**

Norovirus is a highly infectious virus that is transmitted through contact with infected individuals, contaminated food or water, and contaminated surfaces.

Signs and symptoms of norovirus include acute onset non-bloody diarrhea, vomiting, nausea, and abdominal pain. Infected individuals can also experience low-grade fever, body aches, and headache. Symptoms generally appear 12-48 hours after exposure.

There is no long-term immunity to norovirus, and short-term immunity is not comprehensively understood.

**What is the appropriate treatment for norovirus?**

Treat dehydration with oral rehydration using water, oral rehydration solution, and juice or ice chips. Do not use antibiotics, as they are not effective against viruses. If your child appears to have severe dehydration, contact your health care provider.

**How do you prevent norovirus?**

Ill persons should not be in contact with anyone who is not ill.

References:

Office of Superintendent of Public Instruction. Infectious Disease Control Guide for School Staff. 2014. <<http://www.k12.wa.us/HealthServices/pubdocs/InfectiousDiseaseControlGuide.pdf>>.

### Washington State Legislature. WAC 170-295-3030. When is a child or staff member too ill to be at child care? <<http://app.leg.wa.gov/wac/default.aspx?cite=170-295-3030>>.

Clackamas, Multnomah and Washington Counties. Exclusion Guidelines for Schools and Child Care Settings. <<http://www.co.washington.or.us/HHS/CommunicableDiseases/upload/trico-school-exclusion-Jan2012-WA-Co.pdf>>.

To prevent norovirus, thoroughly wash hands after using the toilet and changing baby diapers and always before eating, preparing, or handling food. Those who are sick should not prepare food for others. Make sure that all seafood is cooked to 140⁰F or higher and all fruit and vegetables are thoroughly rinsed before eating. After vomiting or diarrhea, immediately clean and sanitize surfaces with a chlorine-bleach solution and wash soiled laundry.

**What should I do if my child has vomiting and/or diarrhea?**

Consult a healthcare provider if your child has persistent diarrhea or vomiting. According to Washington State regulation, if your child has had diarrhea and/or vomiting within twenty-four hours, they should not attend school. During a norovirus outbreak, if your child has symptoms of norovirus, it may be appropriate to exclude children from school for more than 24 hours (e.g., 48 or 72 hours) after conclusion of diarrhea to prevent transmission of the disease. The Local Health Jurisdiction determines the appropriate length of exclusion during an outbreak.