

Childcare Newsletter

Communicable Disease Program • 816-325-7204 • December 2010

Norovirus

Noroviruses are a group of viruses that cause gastroenteritis in people. Gastroenteritis is an inflammation of the lining of the stomach and intestines. Norovirus is known *incorrectly* as the “stomach flu”. Norovirus is NOT related to the flu (influenza), which is a respiratory illness caused by a different virus. Noroviruses are very contagious and can spread easily from person to person.

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 a general sense of tiredness. Symptoms of norovirus illness usually begin about 24 to 48 hours after ingestion of the virus, but they can appear as early as 12 hours after exposure.

Noroviruses are found in the stool and vomit of infected people. People can become infected with the virus in several ways:

- by eating food or drinking liquids that are contaminated with norovirus,
- by touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth, and by having direct contact with another person who is infected (for example, when caring for someone with illness, or sharing

foods or eating utensils with someone who is ill).

To prevent the spread of the illness, persons who develop any of these symptoms should stay home from school, work or holiday gatherings. You can also decrease your chance of coming in contact with noroviruses by following these preventive steps:

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food.
- Carefully wash fruits and vegetables, and steam oysters before eating them.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).
- Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

Outbreak Reporting

Please report any suspected outbreak of any illness to the Independence Health Department's Communicable Disease Hotline at 816-325-7204.

Persons who are infected with norovirus should not prepare food while they have symptoms and for at least 2-3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.



Child Care Class Schedule is here! The classes will be held every 3rd Wednesday of the month at the Independence Health Department. All classes will start at 6:00 pm

January 19th: Eat Smart

July 20th: No class

February 16th: Asthma education

August 17th: Immunization updates

March 16th: Un-Safe Sleep/Crib Safety

September 21st: Oral Health

April 20th: Basic Nutrition

October 19th: Socializing Healthy Habits Part I

May 18th: Seizure training

November 16th: Socializing Healthy Habits Part II

June 15th: CPR/First Aid

December 21st: No class

Please call to register for classes at 325-7185. More classes available upon request: please call 325-7185

Flu Shots:

The seasonal influenza vaccine is still available for those 18 and older.

Independence Health Department

Mondays and Wednesdays

515 S. Liberty

9am-4pm

Independence, MO 64050

\$20 or Medicare Part B

Questions? Call 816-325-7185



Independence Health Department
515 S. Liberty
Independence, MO 64050
816-325-7185