*Sample school newsletter article*

**Norovirus**

Many students are staying home lately with vomiting or diarrhea. Norovirus may be the cause.

**What is it?**

Norovirus is a very contagious virus that spreads easily. Some people call it the stomach flu.

After getting norovirus, a person develops vomiting or diarrhea within 12 to 48 hours. They will be contagious until 3 days after their vomiting and diarrhea stop.

Some people can get very dehydrated and need to see a healthcare provider.

There is no medication or vaccine for norovirus.

**What can you do?**

If your child vomits or has diarrhea, keep them home. They can return to school 24 hours after their vomiting and diarrhea stop.

Your child should drink plenty of fluids to prevent dehydration.

Everyone should wash their hands often with soap and water. Especially before eating and after using the bathroom or changing a diaper.

If vomit or diarrhea gets on a surface, quickly clean and sanitize it with a bleach-based cleaner.

If possible, have sick and well people use separate bathrooms.

**What are we doing?**

We're keeping schools and buses clean and disinfecting when needed.

We're reminding everyone to wash their hands often with soap and water. Especially before eating and after using the bathroom.

If you have questions, contact us or a healthcare provider.