

# NOROVIRUS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: Norovirus

Norovirus is a viral infection of the stomach and intestines.

### Need to stay home?

Yes, until diarrhea and vomiting have stopped for 24 hours. Exclusion may be longer during an outbreak.

In addition:

- Anyone with vomiting and/or diarrhea should NOT use pools, swimming beaches, recreational water parks, spas, or hot tubs for at least 3 days after diarrhea and/or vomiting have stopped.
- Persons working in a sensitive occupation (e.g., food handling, healthcare, etc.) should not return to work for at least 3 days after diarrhea and/or vomiting have stopped.

### Symptoms

Your child may have watery diarrhea, vomiting, and fever. Other symptoms may include headache, stomach cramps, and tiredness. Illness usually lasts 24 to 48 hours.

If your child is infected, it may take 1 to 2 days for symptoms to start.

### Spread

- By eating or drinking contaminated food or beverages.
- By touching contaminated hands, surfaces, or objects.
- Also, when someone vomits, and germs occupy the air.

Norovirus is easily spread in the household.

### Contagious Period

The illness can spread as long as the virus is in the stool, usually up to 3 days after symptoms have stopped.

### Call your Healthcare Provider

- No specific treatment is available.
- Ask medical provider how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

### Prevention

- Wash hands after using the toilet and changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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