



Suspect Norovirus Outbreak Alert Important Notice to Parents

Parent(s)/Guardian(s):

This letter is to inform you that your school has seen an increased number of people reporting gastrointestinal illness, warranting a suspect outbreak norovirus designation from Jefferson County Public Health. We would like to take this opportunity to review the symptoms that you should watch for. We also want to give some tips on how to prevent the illness from spreading.

Symptoms may appear suddenly, 12 to 48 hours after being in close contact with someone who has been vomiting or has diarrhea. The illness is usually short, with symptoms lasting 12 to 60 hours. Symptoms include (all or some of these):

- Nausea (upset stomach)
- Diarrhea (not bloody)
- Vomiting
- Stomach pain and cramping
- Low-grade fever
- Headache
- Dehydration

Gastrointestinal illnesses can be very easy to spread as people who have an infection in their stool pass the germs on by not washing their hands correctly after using the restroom or preparing food for others while sick.

Contact a health care provider if you have questions or concerns about gastrointestinal illness.

It is important that individuals do not return to work or school until at least 72 hours after the last symptom was experienced while the facility is in outbreak status.

You can help prevent the spread of this illness by:

- Always washing your hands before preparing food, eating or handling dishes/baby toys.
- Always washing your hands after using the restroom, diaper changing, or toilet training.
- Not preparing food for others while you are sick.
- Vomit should be cleaned using disposable towels and a bleach and water solution (1 cup of chlorine bleach to 10 cups of water).



Please reach out to your administration, District Registered Nurse or email health services at healthsvcs@jeffco.k12.co.us if you have any concerns or questions.

Jeffco Public Schools Health Services Department