

Dear Parent/Guardian and School Staff:

Several students are sick with gastroenteritis. Symptoms can include fever, stomach cramps, nausea, vomiting and diarrhea. Such illness is common during the winter months, often caused by viruses like norovirus; symptoms begin suddenly and usually finish in one or two days. The virus spreads easily when infected persons touch food or other commonly handled objects, allowing it to enter the mouth of others.

Public Health has provided the following advice to prevent further cases at school, home and in the community. Your cooperation is appreciated.

- Wash hands thoroughly with warm water and soap after using the toilet, and prior to eating.
- Anyone with an upset stomach, vomiting and/or diarrhea, should stay home. **Do not** go to school, birthday parties, clubs or sports teams, or visit hospital, seniors facilities, until at least 2 full days (48 hours) **after** symptoms have stopped **and** you are feeling normal. This reduces further spread of infection.
- Clean and disinfect bathrooms and commonly touched items: doorknobs, hand rails, counters, with a bleach solution (10ml bleach/ 500ml water).

If you have further questions please call HealthLink Alberta at **811**.