

## **GI VIRAL ILLNESSES**

**Symptoms:** Nausea, Vomiting, diarrhea, fever, and abdominal cramps

### **Health Department Recommendations**

Wash hands frequently with soap and water for at least 20 seconds, especially before and after eating, after using the bathroom, after episodes of vomiting or diarrhea, whenever visibly soiled. If soap and water is unavailable, hand sanitizers may be used. Rub sanitizer over all hand surfaces until the sanitizer has dried, then wash with soap and water when possible.

Teach proper cough hygiene. Transmission is possible through close contact with an infected person.

Avoid putting fingers in the nose, mouth or rubbing the eyes. Transmission through mucus membranes after touching contaminated objects is possible.

Students should not return to school until they have been symptom free for 24 hours.

Students with a confirmed lab diagnosis of norovirus should not return to school until they have been symptom free for 48 hours.

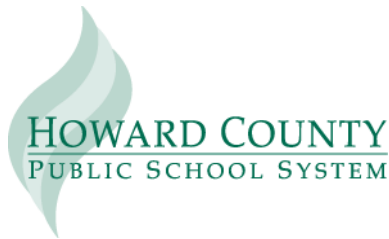
### **Cleaning Recommendations for Custodial Staff**

Frequently sanitize all non-porous, frequently touched surfaces with an appropriate disinfectant. This includes doorknobs, light switches, desktops, tables (including cafeteria tables), computer keyboards, bathroom handles, fixtures, and counters including faucets and flush handles.

10% bleach, or bleach-based cleaner - spray/wipe surfaces and allow to air dry. Bleach is effective in killing norovirus when in contact with surfaces for at least three minutes.

Q128 – custodians should consult the manufacturer’s label for appropriate contact time.

Note – cleaning/disinfecting should continue daily until school-wide symptoms have abated.



## **FLU and FLU-LIKE ILLNESSES**

**Symptoms:** Cough, fever, headache, chills, sore throat, fatigue, body aches, possibly diarrhea and vomiting

### **Health Department Recommendations**

Avoid close contact with infected persons. Children who are unwell should stay at home.

Wash hands frequently with soap and water for at least 20 seconds, especially before and after eating, after using the bathroom, after episodes of coughing and sneezing, whenever visibly soiled. If soap and water is unavailable, hand sanitizers may be used. Rub sanitizer over all hand surfaces until the sanitizer has dried then wash with soap and water when available.

Teach proper cough hygiene. Cough or sneeze into a tissue, discard the tissue and wash your hands. Transmission is possible through close contact with an infected person.

Avoid putting fingers in the nose and mouth or rubbing the eyes. Transmission through mucus membranes after touching contaminated objects is possible.

Students should not return to school until they have been symptom free for 24 hours.

Do not send a child back to school until they have been fever free for 24 hours without the aid of fever-reducing medication.

### **Cleaning Recommendations for Custodial & Health Room Staff**

Frequently sanitize all non-porous, frequently touched surfaces with an appropriate disinfectant. This includes doorknobs, light switches, desktops, tables (including cafeteria tables), computer keyboards, bathroom handles, fixtures, and counters including faucets and flush handles.

10% bleach, or bleach-based cleaner - spray/wipe surfaces and allow to air dry. Bleach is effective in killing norovirus when in contact with surfaces for at least three minutes.

Q128 – custodians should consult the manufacturer’s label for appropriate contact time.

Note – cleaning/disinfecting should continue daily until school-wide symptoms have abated.

**The CDC recommends getting a flu vaccine now if not previously vaccinated this season. The end of flu season is still several months away.**