

Dear Parent/Guardian:

I have outlined some of the symptoms of the more serious stomach bugs below.

Shiga Toxin-Producing Escherichia-(STEC) is one type of E. coli bacteria that causes intestinal illness. The symptoms are usually sudden with severe stomach cramps, watery or bloody diarrhea, vomiting and a low grade fever. The incubation period is 1 to 8 days. E.coli is diagnosed by laboratory stool samples and may be treated with an antibiotic. This bacteria is spread from the stool and unwashed hands touching surfaces, and then to the mouth. (fecal to oral) for up to 3 weeks. Cases and outbreaks have come from uncooked meats, unpasteurized milk and apple juice products, contaminated water, lettuce, alfalfa sprouts and venison jerky. The risk while recovering is dehydration which requires eating bland foods, frequent water and other healthy fluid replacements. Wipe and clean surface areas, as well as good thorough hand washing frequently to prevent this from spreading.

Noroviruses-(Stomach Bug) is one strain from a group of Norwalk viruses that can infect people throughout their lifetime with no long-lasting immunity. The symptoms are usually a sudden onset of watery, non-bloody diarrhea, stomach cramps, nausea, headache, fever, chills, muscle aches and fatigue. The incubation period is 12 to 60 hours and is passed on from the initial onset to 48 hours. There is no laboratory test to diagnose this infection with no treatment and usually resolves in 2 to 3 days. This virus is spread from stool and vomit (fecal to oral). Cases and outbreaks have come from cold prepared, ready-to-eat foods, such as salads, coleslaw, sandwiches, desserts shellfish, drinking water, beaches, and ponds. The risk while recovering is dehydration which requires eating bland foods, frequent water and other healthy fluid replacements. Wipe and clean surface areas, as well as good thorough hand washing frequently to prevent this from spreading.

Please remind each other that hand washing is one of the best methods of preventing illness.

Sincerely,

Elaine Rud, RN, BSN, School Nurse