



SISKIYOU COUNTY

Health and Human Services Agency

STACEY CRYER
*Director of Health and Human Services
Agency*

STEPHEN KOLPACOFF, M.D.
Public Health Officer

VACANT
Director of Public Health/Nursing Director

EXPOSURE NOTICE

Dear Parents:

On 12/7/17 your child may have been exposed to the communicable disease or condition that is checked below. The information provided does not replace talking with your health care provider if your child is ill. For questions, contact Public Health at 841-2134. **If your child has symptoms, please seek diagnosis and treatment from your health care provider.**

COMMUNICABLE DISEASE/CONDITION:

- ☐ **VIRAL GASTROENTERITIS (in 2 or more children in a classroom or area):** Also known as “stomach flu,” it is a diarrheal illness caused by a virus, commonly noroviruses, rotaviruses, adenoviruses, sapoviruses, or astroviruses.

What are the symptoms? Diarrhea, vomiting, stomach cramps, poor appetite, headache, or fever.

How is it spread? Eating or drinking contaminated food or water. Handling items or touching surfaces contaminated with the virus.

When do symptoms start? Usually 24 to 48 hours after exposure to the virus.

Need to keep child home? All children less than 5 years old will be restricted* from group care. This restriction* also includes children greater than 5 years old who wear diapers.

Return to school/childcare? Children may return to school/childcare 24 hours after symptoms have resolved.

The spread of viral gastroenteritis can be prevented by taking these steps:

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of vomiting or diarrhea by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of vomiting and diarrhea (use hot water and soap).
- Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

* Restriction and Clearance: Restriction is defined as removing the child from group care until they are no longer infectious. Clearance means that the child’s feces are tested in a lab to document that the bacteria or parasite is no longer present.

GOOD HANDWASHING BEFORE PREPARING OR EATING FOOD AND AFTER USING THE TOILET OR CHANGING DIAPERS PREVENTS SPREAD OF THESE DISEASES

300/Personal Health/Communicable Diseases/EXPOSURE NOTICES/VIRAL GASTROENTERITIS

PUBLIC HEALTH DIVISION

Siskiyou County Health and Human Services Agency
810 South Main Street
Yreka, CA 96097
(530) 841-2134 / Fax (530) 841-4094