



SANTA MONICA - MALIBU UNIFIED SCHOOL DISTRICT

NOROVIRUS UPDATE – February 8, 2017

We appreciate all your efforts at home and in the community to minimize the spread of Norovirus throughout our schools and community this week, by keeping your sick children home and following the precautionary methods outlined by the Los Angeles County Department of Public Health. (LACDPH)

While we have had some students go home sick this week with what may be the Norovirus, we continue to focus on reducing the spread of this highly contagious illness at our facilities.

We continue to work closely with LACDPH with regard to best practices cleaning and providing information regarding methods to help control further spread.

The LADPH has validated our cleaning process and strategies implemented over the past week, and continuing, to limit exposure from school facilities and to limit exposure from those who have contracted the virus and are contagious.

They have recommended the following:

1. Washing hands with soap and warm or cold water is critical to preventing the future spread of the virus. This is especially important after bathroom use and prior to eating. The Centers for Disease Control and Prevention (CDC) has instructions to ensure effectiveness: <https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>
2. If you have had symptoms associated with this virus (nausea or vomiting or diarrhea.) **YOU MUST STAY HOME FOR 48 ADDITIONAL HOURS AFTER SYMPTOMS GO AWAY.** Those affected are still contagious even when they feel healthy again. We understand this can put a lot of stress on a family when kids are home from school, however, it is important to not come back early and expose others to the virus while still contagious.

Additional information from CDC: <https://www.cdc.gov/norovirus/preventing-infection.html>

If you have medical questions, please contact District Nurse, Lora Morn, lmorn@smmusd.org, or your health care provider. If your child is staying home with an illness or recovering from this virus, please call the attendance office each day they are absent. **Please, keep your student home until 48 hours after the symptoms go away to minimize further spread.**

Thank you for working together with us to help stop the spread of this illness. The health and safety of our students and staff is our top priority!

Thank you.

SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT

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Board of Education: Oscar de la Torre • Jon Kean • Craig Foster • Maria Leon-Vazquez

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Superintendent: Dr. Ben Drati

Help Prevent the Spread of Norovirus ("Stomach Bug")

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

1 Clean up surfaces

- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

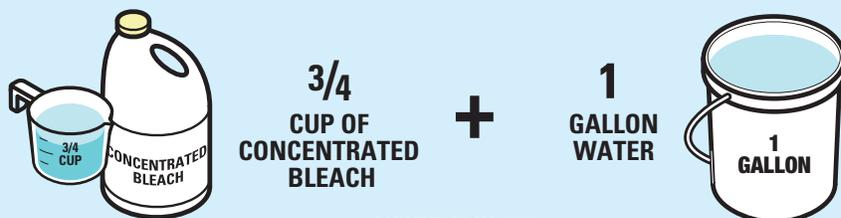
DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces

a. Prepare and apply a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus.

For best results, consult label directions on the bleach product you are using.



CONCENTRATION ~3500 ppm

IF USING REGULAR STRENGTH BLEACH (5.25%), INCREASE THE AMOUNT OF BLEACH TO 1 CUP.

- Leave surface wet for at least 5 minutes
- Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.



Facts about Norovirus

Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org

Updated March, 2015

Norovirus

1. What is norovirus?

Norovirus is an illness of the stomach and intestines. It is often called food poisoning or stomach flu, but it is not related to the flu (influenza). It is the most common cause of diarrhea (watery stool) and vomiting (throwing up).

2. How does norovirus spread?

Norovirus can spread quickly and easily from person to person, especially in close places like skilled nursing facilities, daycare centers, schools, and cruise ships. It also can spread easily from contaminated food or surfaces or from an infected person. This disease is often the cause of outbreaks in restaurants and catering.

3. What are the symptoms of norovirus?

The most common symptom of norovirus illness is diarrhea. Other possible symptoms can include vomiting, nausea, and stomach cramping. You may also have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. Norovirus illness often begins suddenly with symptoms lasting for 1 to 2 days.

4. How is norovirus treated?

There are no medicines to treat norovirus illness. When people are ill with diarrhea and vomiting, they should drink plenty of fluids to prevent dehydration (water loss in the body) which is the most serious health effect from this illness, especially for young children, the elderly, and people with weakened immunity (such as cancer or HIV) or chronic illness (like diabetes or heart disease).

5. How can you prevent the spread of norovirus?

- Wash your hands really well with soap and water, especially before eating or preparing food, and after using the toilet or changing diapers.
- People who are sick with norovirus should stay home to avoid getting others sick and should not prepare food while they have symptoms (diarrhea or vomiting) and for 2 days after they recover.
- Wash fruits and vegetables, and thoroughly cook all shellfish to temperatures above 60°C/140°F.
- Thoroughly clean and disinfect all surfaces, clothing or bedding as soon as possible after being soiled by diarrhea or vomit.



Key Points:

- Norovirus is also often called food poisoning. It is the most common cause of diarrhea and vomiting.
- Norovirus spreads very easily. It is a major cause of foodborne illness outbreaks.
- Protect yourself and others:
 - ✓ Wash your hands often
 - ✓ Stay home and do not prepare food if you are ill
 - ✓ Rinse fruits and vegetables
 - ✓ Cook shellfish thoroughly
 - ✓ Clean surfaces and wash laundry if someone is ill

For more information:

**Los Angeles County,
Department of Public Health**
<http://publichealth.lacounty.gov/>

**California Department of
Public Health**
www.cdph.ca.gov/healthinfo

**Centers for Disease Control and
Prevention (CDC)**
www.cdc.gov/diseasesconditions