



## ILLNESS ALERT: Gastrointestinal Virus

Date: \_\_\_\_\_

Please be advised that a child in our facility has presented symptoms of Gastrointestinal Virus. Please read below for more information about this communicable disease and how to prevent illness.

**What is Gastrointestinal Virus?** A gastrointestinal (GI) virus, often referred to as viral gastroenteritis or the "stomach flu," is an infection that affects the stomach and intestines. It is commonly caused by viruses such as norovirus or rotavirus and spreads through contact with infected individuals, contaminated surfaces, or contaminated food and water.

### **Symptoms:**

Gastrointestinal viruses typically cause discomfort but usually resolve within a few days. Symptoms may include:

- Nausea, Vomiting, Diarrhea, Stomach cramps, Fever, Dehydration (dry mouth, dizziness, reduced urination)

**How long is a GI virus contagious?** Children with a gastrointestinal virus are contagious from the moment they start feeling sick and can continue to spread the virus for several days after symptoms subside.

**Exclusion from School or Childcare:** It is recommended to keep your child home from daycare until they have been symptom-free for at least 24 hours without the use of medication.

**Program actions:** The affected classroom(s) have been thoroughly cleaned and disinfected, including all toys, surfaces, and furniture. Staff members are implementing enhanced handwashing and sanitization protocols to reduce further spread.

**Contact the Ohio Department of Health or visit:**

<https://www.odh.ohio.gov>

<https://www.cdc.gov/norovirus/index.html>