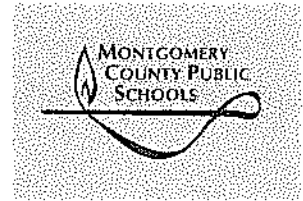


Cloverly Elementary School

800 Briggs Chaney Road
Silver Spring, Maryland 20905
Phone: 301-989-5770 Fax: 301-879-1035



Office of the Principal

Dec. 16, 2016

Dear Parents,

'Tis the season to celebrate life, family and friends. We at Cloverly Elementary School hope you and yours have a healthy, safe, and joyful holiday.

To help keep everyone as healthy as possible, please read and follow the enclosed fact sheets, as unfortunately, it is also the season for an increase in illness, colds and viruses.

Cloverly Elementary School is taking every precaution necessary to fight the spreading of diseases. Students are encouraged to wash their hands frequently throughout the day and those who are not feeling well are sent to the health room for care. Parents are advised of any noted concerns, and students are sent home when they appear ill.

Cloverly Building Service Staff are cleaning and disinfecting classrooms and common areas daily, and more frequently if needed, to prevent the spread of disease.

Please continue to assist us at home. If your child does not feel well, has a fever, or has gastro intestinal disturbances such as vomiting or diarrhea, please have them rest at home, and seek medical attention when needed. This will help your child's health improve more quickly and prevent the spread of illness in the school and Cloverly community.

May you and yours have a happy holiday season.

Sincerely,

A handwritten signature in cursive script that reads "Linda Lewis".

Linda Lewis, R.N.

Health Room

Norovirus Fact Sheet

Norovirus, formerly called "Norwalk-like virus" is common cause of gastroenteritis, which can lead to vomiting and sometimes diarrhea.

Norovirus infection occurs in people of all ages.

Norovirus infection is common. It is often seen in the winter among children in schools and child care settings, and among residents and employees of nursing homes.

People get norovirus from other people.

Norovirus is present in the stool or vomit of infected persons. The virus is usually spread to other people either by contact with an infected person's stool or vomit or by eating or drinking contaminated food or water. You can get norovirus infection by being near someone who is vomiting while they are infected. The virus is easily spread in settings such as households, health care settings, schools and child care centers, and during food preparation if hands have not been thoroughly washed with soap and water.

Norovirus causes symptoms such as:

- Nausea and vomiting
- Diarrhea
- Stomach pain
- Low fever
- Headache, muscle aches, chills
- Tiredness

Symptoms usually begin suddenly in 12 to 48 hours after exposure. Symptoms usually last 24 to 48 hours and go away without treatment.

Hand washing is the most important way to prevent infection. Wash hands with soap and water:

- After using the toilet
- After having diarrhea or vomiting
- After changing diapers
- After touching any stool-soiled or vomit-soiled materials, toilets, or surfaces
- Before handling food or drink
- After cleaning up vomit or diarrhea from someone who is ill with norovirus gastroenteritis
- Before eating

Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.

Help young children to wash their hands.

See your doctor if you have severe gastroenteritis.

- If vomiting and/or diarrhea are severe, you may need to receive fluids in the hospital.
- Food handlers, health care/child care workers, and children in child care who have norovirus infection should not work or attend child care until at least 48 hours after their symptoms have cleared. In some cases, the health department may require longer exclusions.
- Antibiotics do not treat norovirus infection and will not help your symptoms.

Everyday Preventive Actions That Can Help Fight Germs, Like Flu



What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:



- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- **Call or take your child to a doctor right away if your child has:**
 - a high fever
 - trouble breathing
 - skin that looks blue
 - not drinking enough
 - seems confused
 - gets better but then worse again