Dear Parents,

Several children in our school have been sick with a stomach illness. The symptoms are nausea, vomiting, diarrhea and/or fever.

What should parents do?

* If you or your child develops these symptoms, keep them at home until they are no longer vomiting, experiencing diarrhea and/or fever and nausea. They must be free of symptoms for 48 hours.
* Wash your hands often with soap and water, especially after contact with vomit or stool. Hand sanitizer can be used if no water is around. However, it is not a replacement for using soap and water.
* Clean all areas that have come in contact with diarrhea or vomit. Use a ten percent bleach solution (5 teaspoons to one cup of water) or a disinfectant that kills viruses.
* Notify the school and tell them your child’s symptoms
* Consult with your doctor and let them know that other students at your child’s school have these symptoms. The doctor may want to take a sample of your child’s stool.
* Contact the school if you have more questions.
* Fluid is lost in diarrhea and vomiting. Make sure your child is able to drink fluids. If your child becomes weak or is unable to drink fluids, seek medical care