

Winter 2016

## Diarrhea and Vomiting: When should I keep my child home from school?

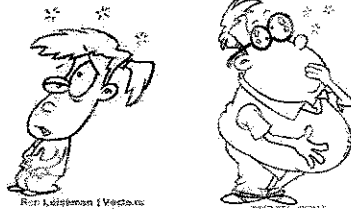


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Every year, there are many reports of gastrointestinal illness, which can include vomiting and diarrhea. Norovirus and Rotavirus most commonly cause this type of illness known as the "stomach flu." The "stomach flu" is not caused by the influenza virus. Influenza causes an infection of the respiratory system.

People sick from Norovirus infection experience sudden nausea, vomiting, diarrhea and stomach cramps about 24 to 48 hours after they become infected. They may also have a low-grade fever, chills, headache, muscle aches and tiredness.

Viruses that cause stomach illness are spread between people from stool or vomit. Noroviruses and similar viruses spread very easily in an environment like a school, where children are close together in rooms and share washrooms. People infected with norovirus can continue to pass on the virus to other people for up to 48 hours after they begin to feel better.

If your child is experiencing vomiting and/or diarrhea it is important that they do not come to school and spread their illness to others. Dr. Lamptey, the Regional Medical Officer of Health, advises that **children with vomiting and diarrhea should stay at home until at least 48 hours have passed since their last symptom.** Keeping your child home gives your child a chance to rest and recuperate. While caring for your child, wash their hands and your hands often. This will help prevent other family members from becoming sick.

If your child has bloody diarrhea, develops a high fever for longer than 3 days, or becomes weak from loss of fluids, you should consult a health care provider or call Telecare at 811. Laboratory tests can be done to look for the cause of your child's illness.

For your information you can find a Fact Sheet on hand washing at this Government of New Brunswick link:

<http://www2.gnb.ca/content/dam/gnb/Corporate/pdf/Handwashing-Selaverlesmains.pdf>

A Government of New Brunswick Fact sheet on Norovirus is found at this link:

<http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/CDC/FactSheets/Norovirus.pdf>

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