



Wilson County has been seeing some high numbers of absences due to intestinal illness. The virus causing this is suspect for Norovirus. We are strongly urging everyone to please follow good hand washing techniques. This is the best way to prevent this illness. It is very contagious and good old fashioned soap and water is your best choice. It works better than the hand sanitizers on this particular virus.

Please pay extra attention to cleaning (CDC recommends a bleach solution for this) on hard, commonly touched surfaces. i.e. desks, door handles, telephones, light switches, toilet handles, etc. Although there is no specific treatment for this virus, it is very important to remain well hydrated. Dehydration can cause complications and a possible need for medical attention.

For more information about this virus and answers to commonly asked questions, please go to the following link at the CDC: <http://www.cdc.gov/ncidod/dvrd/revb/gastro/norovirus-qa.htm>

Children must remain out of school for at least 48 hours after their last episode of vomiting or diarrhea. Keep in mind infants and toddlers can pass the virus for a longer period of time and good hand washing is paramount in infection prevention. Adults can pass the virus also and are encouraged to stay at home 48 hours after their last episode of vomiting or diarrhea!