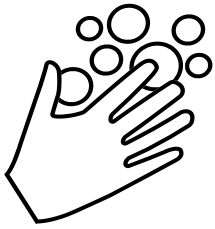


Protect Against Norovirus

PREVENT THE SPREAD OF ILLNESS

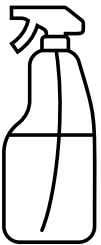


WASH HANDS

Hand sanitizer is NOT effective against norovirus, so make sure hand washing is easily available throughout the building.

All employees and students must practice good personal hygiene and wash hands thoroughly:

- After visiting a restroom or changing a diaper
- Before eating, preparing, or handling food
- Before taking medicine or giving it to someone else
- When arriving to or leaving school



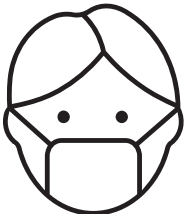
DISINFECT

Thoroughly and continuously disinfect all classroom, bathroom, and cafeteria/kitchen areas (see "Clean Effectively" on other side).

PROTECT YOURSELF

When cleaning areas soiled by vomiting or diarrhea, wear protective equipment:

- Disposable latex, rubber, or vinyl gloves
- Face mask
- Gown with sleeves
- Hairnet
- Shoe covers



SEPARATE ILL FROM WELL

Exclude students who are ill until they have been without symptoms for at least 48 hours.



CALL US

Report symptoms of norovirus to the health department at 385-468-4194.

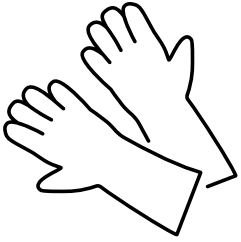
Symptoms include:

- Diarrhea
- Vomiting
- Nausea or abdominal pain
- Fever
- Headache or body aches



Symptoms usually develop within 12–48 hours of exposure and last for 1–3 days.

Clean Effectively



CLEANUP OF BODILY FLUIDS

If vomiting or diarrhea occurs in an area of your school:

1. Remove students and staff from the room or area—at least 25 feet away.
2. Wear protective equipment (mask, disposable gloves, etc.)
3. Scoop up any solid matter, and use an absorbent if you have it.
4. Clean at least 25 feet around the incident site. Use the bleach solution below or, for fabric surfaces and carpet, steam clean as outlined below.



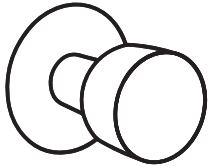
EFFECTIVE DISINFECTANT

Unscented chlorine bleach that is less than 30 days old is the best disinfectant to protect against norovirus.

- Mix 1 and 2/3 Cups bleach into 1 Gallon of water.
- Use the bleach solution within 20 minutes of mixing it.
- Keep the solution on the surface you're disinfecting for 1 minute before wiping clean.
- For kitchen or food-contact surfaces, rinse with clean water after disinfecting.

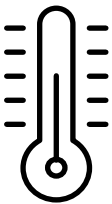
HIGH-CONTACT AREAS

Focus cleaning on frequently touched surfaces:



- Desks and classroom equipment
- Toilet flush handles and bathroom faucets, sinks, and counters
- Light switches and plates
- Doorknobs and handles
- Railings
- Computers and phones
- Kitchen faucets, sinks, and counters
- Remote controls
- Cafeteria tables and chairs
- Playground/PE equipment

DO NOT clean bathrooms in the same clothing or protective equipment you wear to clean classrooms and cafeteria/kitchen areas.

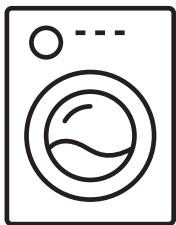


POROUS SURFACES

For cloth surfaces and carpet, steam clean at a temperature of at least 158° F for 5 minutes, or 212° F for 1 minute.

CLOTHING AND LINENS

For clothing and linens soiled with vomit or diarrhea:



1. Wear protective equipment such as a mask and disposable latex, rubber, or vinyl gloves.
2. Keep soiled items separate from other laundry, and handle them carefully. Too much movement of the items could send vomit or diarrhea particles into the air.
3. Use laundry detergent (or bleach for white items or items that can be lightened) and wash on the hottest setting available, on the longest cycle available, and use the prewash cycle, too. Then machine dry.
4. After all loads of soiled items are finished, run the washer empty with bleach before washing other laundry in that machine.
5. When you are done, wash your hands thoroughly with soap and water.