Dear Parents or Guardians:

Your child care centre is currently experiencing an increase of gastrointestinal illness. Symptoms of gastrointestinal illness often begin suddenly and may include diarrhea, vomiting, cramps, headache, fever, chills and tiredness. Any child experiencing symptoms, especially vomiting or diarrhea, should stay at home until they are symptom-free for at least 48 hours. This will help to stop the spread of the illness to other children.

Common enteric illnesses in child care centres include norovirus and rotavirus. These viruses can be spread from person to person through contaminated hands and surfaces or through food or shared items such as toys. Hands or surfaces may not look dirty, yet may still be able to spread illness from person to person either directly or indirectly. These viruses are able to survive on surfaces such as doorknobs toys, or countertops for long periods of time.

Parents/guardians are encouraged to:

* Keep your child home until he/she is at least 48 hours symptom free
* Ensure you or your child drink lots of clear fluids while ill to prevent dehydration.
* Wash your and your children’s hands thoroughly with soap and water after changing a diaper, using the washroom, before eating and before preparing food.
* If your hands are not visibly dirty, you can clean your hands with alcohol based hand rub (ABHR) that has at least 70% alcohol content. Store this out of children’s reach
* Clean and disinfect surfaces, washrooms, toys and shared objects in your home when you or your child is ill. This will help limit the spread of illness. Use a product that is effective against norovirus. Examples include, but are not limited to Accelerated Hydrogen Peroxide® (Virox®), PerCept, and bleach and water (1/2 cup bleach to 4 ½ cups of water)
* If your child has a fever greater than 39ºC or if symptoms persist, contact your physician. Your physician may order a stool sample.

If you have any questions, please call 1-800-265-7293 ext. 4753.

HPDCD(L)1 – 12/2019am