

## During an Outbreak

- Drink plenty of clear fluids to stay hydrated.
- During an outbreak you may be moved to a private room or in a room with others who have the same symptoms.
- Please advise family and visitors not to visit while you are ill. It will prevent illness from entering and leaving the building.



## Thank you for your cooperation

For questions about Norovirus or other communicable diseases, call the Health Department at

**610-344-6452**



Jeanne Casner, MPH, PMP  
County Health Director

Chester County Commissioners

## Chester County Health Department



## Vomiting and Diarrheal Illness for Residents

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*"Protecting You and Your Environment"*

## What is it?

Vomiting and Diarrheal Illness, also known as **Norovirus**, is a very contagious gastrointestinal illness that is easily spread from person to person.



## How is it spread?

- Person-to-person
- Dirty surfaces

The virus is shed in feces and vomit of people who are having symptoms. The virus can be shed up to 48 hours after symptoms have stopped.

## Signs and Symptoms

### Sudden onset of:

- Nausea
- Vomiting
- Diarrhea
- Stomach cramps
- Headaches



Norovirus can be serious in young children, the elderly, and people with other health conditions; it can lead to severe dehydration, hospitalization and even death.

## Prevention

- Wash hands frequently
- Notify care taker when suddenly feeling ill
- Stay in your room until symptoms have stopped.



## Hand Washing

- Wet hands with warm water and apply soap.
- Scrub every inch of your hands for at least 20 seconds.
- Rinse with warm water.
- Dry hands with a clean paper towel.
- Use the paper towel to turn off the faucet.