

# Did you know?

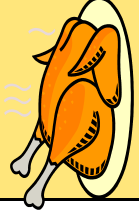
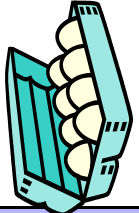
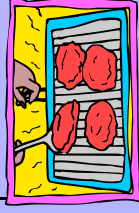
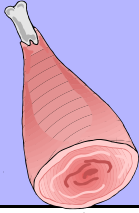


- Norovirus causes over half the food-related illnesses each year, infecting an estimated 21.5 million people.
- Hand-washing works and should be used as the first option to protect against the spread of disease. Use hand sanitizer when soap and water are not available.



For additional information on stomach illnesses and prevention ideas,

please visit the Alcoa City Schools district webpage under school health or go to the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov).

You cannot tell by looking whether or not foods are cooked to the correct temperature. Always use a food thermometer to be sure. The USDA recommends the safe minimum internal temperatures listed below. For more information on safe food temperatures, visit [www.isitdoneyet.gov](http://www.isitdoneyet.gov).

	<b>Poultry</b> Turkey, Chicken, & Duck	<b>165° F</b>
	<b>Egg Dishes</b>	<b>160° F</b>
	<b>Ground</b> Beef, Veal, Lamb	<b>160° F</b>
	<b>Pork</b>	<b>160° F</b>
	<b>Fish</b>	<b>145° F</b>
	<b>Steaks</b> Beef, Veal, Lamb, & Roasts	<b>145° F</b>

# The Stomach Bug



## A Guide to Preventing and Responding to Stomach Illnesses

Information contained in this brochure is provided by the Centers for Disease Control and Prevention (the CDC) and the NEA HIN, a non-profit arm of the National Education Association, with partial funding by the USDA Food and Nutrition Services.

## Types of Stomach Illnesses:

Stomach illnesses can be bacterial, parasitic, or viral.

**Bacterial illnesses** include infections caused by salmonella and E.coli or may result from ingesting toxins produced by bacteria.

**Parasitic illnesses** include those caused by *Giardia* and *Cryptosporidium*.

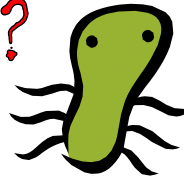
**Viral illnesses** include those caused by norovirus and rotavirus.

Norovirus is the most common cause of stomach illness and many of the same protection and prevention methods for norovirus are effective for other types of illnesses as well.

People with norovirus spread the virus through their stool and vomit. People can become infected in several ways including:

- eating or drinking contaminated food or liquids (do not share food, utensils, or drinks with someone who is infected)
- Touching contaminated surfaces or objects and then placing their hand in their mouth
- Having direct contact with an infected person

## What is norovirus?



Norovirus is a very contagious stomach illness. People usually feel sick suddenly without warning.

The most common symptoms are sudden, explosive vomiting, watery diarrhea, and stomach cramps. Less common symptoms include low-grade fever, chills, muscle-ache, nausea, and fatigue.

Norovirus is usually brief in people who are healthy; however, the loss of fluids through vomiting and diarrhea can lead to dehydration (loss of too much water from the body). Symptoms of dehydration include a decrease in urination, a dry mouth and throat, and dizziness with standing. A dehydrated child may cry with no tears and be unusually sleepy or fussy.

Those infected can become ill within 12 to 48 hours after being exposed and can infect others for up to three days after recovery, or possibly longer.

There is no vaccine to prevent the virus and no drug specifically designed to treat it; however, plenty of liquids is advised to prevent dehydration. If you suspect dehydration, contact your healthcare provider.

## Prevent the Spread:

You can decrease your chances of getting or spreading norovirus by following these steps:

- **Wash your hands with soap and water frequently.** Washing your hands is one of the most effective ways to keep disease from spreading. Drying your hands with a paper towel or hand dryer is also an important part of keeping your hands free of bugs that cause disease. Hand sanitizers are not always effective on viruses.
- **Stay at home when you are sick.**
- **Clean "high-touch" surfaces** such as door handles, telephones, and all areas of the bathroom frequently. Also clean utensils, and food—especially fresh fruits and vegetables—very well.
- **Separate raw foods and their juices** away from cooked and ready-to-eat foods.
- **Cook foods to the correct temperature** by using a food thermometer.
- **Chill perishables** and cooked foods quickly in the refrigerator.
- **Properly dispose** of any food that an infected person may have prepared.