



**To:** CMP Parents  
**From:** James Hartley, CMP Student Services Coordinator  
**RE:** Health Update: Norovirus

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Sacramento County Public Health (SCPH) has been notified of multiple gastrointestinal illness (GI) outbreaks, presumably Norovirus, at infant care centers and schools in six Sacramento County school districts. CMP has yet to confirm a case, but some students and staff may experience suspicious symptoms. Those symptoms include vomiting, stomach cramps and/or diarrhea. Anyone experiencing those symptoms should not return to their school or office until they are symptom-free for two days.

If your child is experiencing these symptoms please:

- Report it to your primary care physician immediately.
- Practice proper hand hygiene by washing your hands carefully with soap and water, especially after using the toilet and changing diapers, and always before eating, preparing or handling food.
- Hand sanitizers are not effective against the Norovirus and should not be used as a substitute for washing with soap and water. Wash fruits and vegetables and cook seafood thoroughly.
- After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces with a chlorine bleach solution (3/4 cup chlorine bleach per one gallon of water). Wash laundry thoroughly. Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).
- You should handle soiled items carefully and gently. Wear rubber or disposable gloves while handling soiled items. Wash your hands immediately after. Wash the items with detergent at the maximum available cycle length then machine dry them.

If you have any further questions or want to report a diagnosis please contact your campus administration and/or James Hartley at the Student Services Office at (916) 971-2432.