

Date: January 26, 2016

To: Parents, Guardians, Students, School Staff and Administration

From: Medical Officers of Health - South Zone

RE: Increased Gastrointestinal Illness within South Zone

There has been increased gastrointestinal illness reported in communities and schools across Southern Alberta, with symptoms of nausea, vomiting and diarrhea. The germs that cause these symptoms tend to circulate in communities during the colder parts of the year. Most people recover from the illness on their own, but to prevent the spread of infection, parents, guardians and staff within school settings are recommended to carry out the following precautions:

1. Individuals who are ill with vomiting or diarrhea should not attend school until 48 hours after the symptoms have disappeared, because the germs that cause the illness can be easily spread from one person to another.
2. Ensure that your child and others in your household wash their hands frequently, to prevent spread of illness in your home.
3. Ensure that high touch surfaces like door handles, bathrooms, faucets, light switches, etc. are cleaned and disinfected on a regular basis in your home.
4. For more information on illness or general health information, visit www.albertahealthservices.ca or www.myhealth.alberta.ca or call Health Link at 811.

If someone you know becomes ill with vomiting or diarrhea **for more than 72 hours**, or if they are medically unstable, please see your physician or call HealthLink at 811.