



**IMPORTANT INFORMATION HEALTHCARE WORKERS (11/28/07)**  
Central Michigan District Health Department  
*"Promoting Healthy Families, Healthy Communities"*  
Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties  
Visit our website at [www.cmdhd.org](http://www.cmdhd.org).

Every year, the Central Michigan District Health Department receives reports from member counties of the occurrence of a viral-like gastroenteritis. The major culprit has been known to be the Norovirus.

The incubation period for Norovirus is 12 to 48 hours. The major mode of infection is via the fecal oral route. The major symptoms are abdominal cramping, vomiting and diarrhea. The symptoms last 24 to 48 hours and sometimes as long as three days.

If any of the patients you care for are food workers we request that you advise them not to return to work until 3 days after their symptoms end.

If you happen to see a large number of people with a viral-like gastroenteritis you are urged to report your findings to the local branch office of the Central Michigan District Health Department.

Arenac County	989-846-6541	Isabella County	989-773-5921
Clare County	989-539-6731	Osceola County	231-832-5532
Gladwin County	989-426-9431	Roscommon County	989-366-9166

The best way to prevent the spread of viral like illness is outlined below:

- Stay home from work and school if you have been vomiting and or having diarrhea
- Wash your hands after going to the bathroom
- Wash your hands before eating and before fixing food
- Do not attend any social function for 3 days after your symptoms subside.

On our website, you will find some documents which provide further information on this topic. If you have any questions, please contact your local health department branch office or visit our website at [www.cmdhd.org](http://www.cmdhd.org).

Sincerely,  
Mary Kushion, MSA  
Health Officer

Robert Graham, DO, MPH  
Medical Director