



IMPORTANT INFORMATION FOR LOCAL RESIDENTS (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.

Your assistance is requested in helping to stop the spread of a viral-like gastroenteritis (commonly referred to as the “stomach flu”).

Every year, the Central Michigan District Health Department and Michigan Department of Community Health receive reports from many different areas locally and throughout Michigan of people with a vomiting and diarrheal illness.

The viral-like illness is similar to a disease caused by a germ called the Norovirus. Norovirus causes abdominal cramping, vomiting, and diarrhea. The symptoms last 1 – 2 days. The time from exposure to the onset of symptoms is an average of 36 hours. The most common way a Norovirus outbreak is spread is via the fecal-oral route. However, this virus also lives on hard surfaces (like door knobs, handles, etc.) much longer than other viruses.

Individuals can help spread of this viral-like gastroenteritis in several important ways.

- Frequent hand washing with warm water and soap
- Promptly disinfecting contaminated surfaces with household chlorine bleach-based cleaners
- Washing soiled clothing and linens
- Avoiding food or water from sources that may be contaminated
- If you work in a nursing home, take care of patients, or handle food, you should not return to work for at least 3 days after the symptoms subside
- Do not attend family functions or gatherings with large amounts of people until you have gone two days without symptoms

If you have any questions regarding this information, please contact your local branch office of the Central Michigan District Health Department or visit our website at www.cmdhd.org.

Sincerely,

Mary Kushion, MSA
Health Officer

Robert Graham, DO, MPH
Medical Director